

GFWC-W February 2016 News Blast

Love, Live, Laugh and Leave a Legacy



From the President—Ann Norwood

Dear GFWC-W Friends,

We are “gearing up” to celebrate the 111th GFWC-W State Convention to be held on Friday, April 22nd and Saturday, April 23rd in Rock Springs. The theme for our convention is “GFWC-W: Embracing Our Cultural Diversity and Traveling the Globe”. We will be celebrating our different ethnic backgrounds and cultures around the globe, as well as related travel. Our cultural diversity is yet one other way we are each unique yet unified, reflective of our motto: “Unity in Diversity”. It will be a convention with an international flare! The “Call to Convention” is included in this newsletter containing all the pertinent information, therefore, I will not reiterate the details; however, I encourage all of you to mark your calendars for a special, informative, fun-filled convention. Please note the Pre-Registration Date of April 10th. Be there to welcome our GFWC Second-Vice President, Marian St. Clair as our Keynote Presenter, attend the Installation Ceremony and Reception, and be sure to participate in one of the many ate contests inclusive of Art, Hobbies, Crafts, Sewing, Writing and Photography. I know the talent that exists in all of our members so take this opportunity to let it shine!

My thank you goes out to all of our Club Presidents for their phenomenal work on their Club President Reports! When you see each of them, give them a big “pat on the back” for a job well done! We have received reports from eight of our nine clubs. Now that is a remarkable response. Thank you to the Juniors, Twenty-First Century Club, Yoder Woman’s Club, Casper Active Service Club, Women’s Civic League, X-JWC, Laramie Woman’s Club, and Woman’s Club of Rock Springs! You make us proud. We are proud of all of the outstanding work done by each and every member of this organization and these reports reflect the incredible work accomplished by our membership. Thank you to every member of GFWC-W for your remarkable volunteerism and spirit! State Chairman will soon be busily working on the State Chairman Reports due to GFWC National

Chairman. Your very own State President, little ole' Annie will be working diligently as well on the various reports that are my responsibility to complete in March and April. Thus, together we will meet our goals and proudly represent Wyoming at the International GFWC Convention in June.

The State President Service Project for the months of February and March is on behalf of the Wyoming Women's Center in Lusk. We will be collecting gift cards and funds to purchase steel-toed boots and welding helmets for ten women graduating from their Welding Program. Upon requesting some way that we could assist the ladies at the WWC, Julie Tennant-Caine, a former member of WCLC who works closely with this facility provided this wonderful suggestion. Helmets cost \$69.73 each and boot costs range from \$49.14 to \$67.36 depending on the type. When inmates are released from the WWC, they receive very little funds which they need to use to secure living arrangements including utilities, food, transportation, etc. in addition to working full time. Per Julie and the WWC, the gift of these boots and helmets would be invaluable! **PLEASE READ THE ENCLOSED ARTICLE ABOUT THIS PROGRAM SO THAT YOU ARE ACQUAINTED WITH THE BENEFITS OF THIS WELDING PROGRAM FOR THESE YOUNG WOMEN.**

Due to the varying sizes of boots and for ease of our members throughout the state, I am requesting that gift cards from Amazon.com and/or funds be mailed directly to me at 756 Oakhurst Drive, Cheyenne, Wyoming 82001 with a deadline of March 30th at which time Julie or I will purchase the requested items and I will report the results to our membership. As always, I am grateful for your kind generosity in helping communities in our state.

Julie also extended an invitation to any of our club members who would be interested in attending the graduation of these women. Please notify me at cheyanny@gmail.com should you have an interest. We will then provide information regarding the graduation date, time and details.

Be sure to wear **RED** at your club meetings in February to help increase awareness of how women can lead healthy lives and prevent heart attacks, the #1 killer of women. Our GFWC Partner: The Heart Truth has an interactive challenge designed to help you lower your risk for heart disease. Take action today and protect your heart. Take the heart #MyHeart Challenge by accessing News and Notes on the GFWC.org website and selecting the link.

One Billion Rising began on Valentine's day in 2012 and continues today in its goal to end violence against women. As you know, one in three women will be raped or beaten in her lifetime according to the United Nations statistics. Women across the world will join together on Sunday February 14th to demand an end to violence against women and girls by dancing and rising up. Also be aware that February is Teen Dating Violence Awareness Month so it is a good time to increase awareness about the problems that exist in each of our communities. To learn more and find an event hosted by One Billion Rising in your or a nearby community, visit www.onebillionrising.org/events.

If you are planning to attend the GFWC International Convention being held in Baltimore, Maryland June 23rd through June 29th, access the gfwc.org website. Registration begins March 1, 2016. The Keynote Speaker for the Convention is Suzy Toronto, an artist and author. You can learn more about Suzy at suzytoronto.com.

Thank you!

State Dean of Chairman—Leslie Jo Gatti

The reports began coming in around the first of February, with the last arriving by e-mail on the 9th. All have been sorted, copied, stuffed, recopied, restuffed, checked, rechecked and mailed. If you are a program chairman, you should have your reports Saturday. If they have not arrived by Tuesday (Monday is a holiday), CALL ME! I am happy to report that eight Clubs reported. All 14 areas had, at least, one project reported.

A side note on the State Board Meeting in Cheyenne on Jan. 15. I left Cheyenne, around 12:30 on Saturday following the Convention meeting. I finally made it home on Monday afternoon. After a harrowing trip over the Summit, I decided to stay in Laramie Saturday night. Then I-80 was closed. After spending two nights in Laramie, (and watching way too much football), I finally came home on an icy Highway 30. I'm not sure my car will ever be clean again!

The Convention Committee has been busy. I hope you reward their hard work by coming to Convention in April in Rock Springs. Most of our snow may be melted by then.

Yours in Federation,

Leslie Jo Gatti
Dean of Chairmen
President-Elect
GFWC-Wyoming

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Arts Community Service Program Chairman—Lorrie Jacobsen

Arts Community Service Program Chair: Please revisit the GFWC-Wyoming Website. Remember to click to Forms & Newsletters and review Contest rules and entry forms for Membership Art, Youth Art, Exceptional Youth, Exceptional Adult, and Membership Hobby/Craft/Sewing. Hopefully, you have been on your President's club meeting agenda to remind your members about the many ways they can participate. Also, you still have time to contact either your elementary or secondary art teachers about the contests. But do remember that you are limited to 12 entries from your club. Any questions please call me at 742-9243 or email me foxsil23@yahoo.com.

Conservation Community Service Program Chairman—Elsie Gray

Build muscle, between ages 50 and 70, sedentary people lose 30% of their muscle strength- the equivalent of 0.4 of muscle per year. That can leave you frail and unable to do simple things. You can counter this decline by strength training for just 30 minutes a day, two or more days a week. Let's get to walking.

Homelife Community Service Chairman—Phyllis Salzburg

GFWC is joining The Heart Truth and asking people to share their advice For the Heart, From the Heart – a heartfelt message to save lives. Nationally, The Heart Truth will be using Chalkboard hearts to help women share advice For The Heart, but clubs are encouraged to create your own heart, give some great advice, and share your ideas! February is National Heart Month -- raise your voices in support of heart disease awareness and prevention!

GFWC will be celebrating 126 years of Federation on April 24! It's not too early to be planning how is your club will be celebrating Federation Day! Go to the

February 3 GFWC Facebook post to participate in a poll and they'll feature the results in the March+April edition of Clubwoman Magazine. Remember -- this is immediately GFWC-Wyoming's State Convention in Rock Springs!

Want to share your club's innovative project or exciting event with your Federation sisters? Send a brief summary of the project (100-150 words) and engaging photos to GFWC Communications Coordinator Janelle Germanos at jgermanos@gfwc.org, and your club may be featured in the Volunteers in Action section of GFWC Clubwoman Magazine! Photos should be high resolution (300 dpi) and ideally saved as a TIFF or JPEG. .

On January 29 GFWC Chief Operating Officer Rosemary M. Thomas attended a panel discussion at the White House. The event was held in recognition of the 7th Anniversary of the passing of the Lilly Ledbetter Fair Pay Act. The Act was the first legislation President Obama signed into law in 2009 making it easier for women to bring lawsuits for pay discrimination. During his remarks President Obama announced that the White House will host a “United State of Women” Summit May 23. Lilly Ledbetter was a guest speaker a few years ago at a GFWC Board of Directors meeting. She was an Alabama clubwoman and bravely brought suit against the large corporation where she worked for pay discrimination.

International Outreach Community Service Program Chairman—Trish Peoples



“WYOBELLE”



“SMILEYBELLE”

Did you know that UNICEF does whatever it takes to save and protect the world's most vulnerable children? Forty years ago, UNICEF figured out that promoting

simple, low-cost interventions like hand washing and breastfeeding could save millions of lives. Undaunted by war or geography, UNICEF delivers.

I just recently discovered something else marvelous about UNICEF: they run a market! UNICEF Market offers beautifully crafted items, including gifts and cards, with part of the proceeds going to talented artisans and to help UNICEF save and protect children.



In the market, I found this cow (near and dear to my heart). Buying this pair of ornaments provides 64 sachets of oral rehydration salts, which can help children combat dehydration and diarrhea. So, go to market.unicefusa.org and select from 8,000 items! Get something gorgeous and help children at the same time!

Trish Peoples

tlapples@yahoo.com

Public Issues Community Service Program Co-Chairman—Teresa Kunkel and Earleen Weaver

CODE RED

Want to be notified of an emergency in your Neighborhood?

What is Code**RED**

The Code**RED** Emergency Notification System is a high speed communication service. Code**RED** uses a one-of-a-kind mapping system capable of delivering customized pre-recorded emergency messages to homes and businesses, live individuals and answering machines.

Laramie County and the City of Cheyenne, in cooperation with Frontier Refinery, have instituted the Code**RED** Emergency Notification System. This program will benefit the residents of Cheyenne/Laramie County by providing them with another avenue for emergency notification.

How does it work?

In the event of an emergency, officials will have the ability to send pre-recorded messages about the emergency at the rate of 60,000 calls per hour. Recorded messages are delivered to either a live person or answering machine, making three attempts to connect to any number. This is a geographical based notification system, which means street addresses are used to select which phone numbers will receive emergency notification calls in any given situation.

What type of emergency will the CodeRED system be used for?

- Evacuation Notice and Route
- Missing Person
- Hostage Situation
- Fires
- Floods
- Bomb Threats
- Chemical Spill or Gas Leak
- Drinking Water Contamination

And any other emergency incidents where rapid and accurate notification is essential for life safety.

How do I enroll?

CodeRED will automatically dial your published home phone number in Cheyenne and Laramie County. The system does not automatically dial your business phone or your cellular phone. If you want to be contacted by another method such as your cellular phone or you wish to enter your business in the system please give us your information. **All information will be kept confidential and will only be used in an emergency situation.**

You can enroll on-line at:

www.laramiecounty.com

Or

www.cheyennecity.org

Don't have a computer? Call us at
(307) 633-4336

From 8 a.m. to 4 p.m.

Monday through Friday

Sign up today for your Emergency Notification Network.

Sponsored by the City of Cheyenne and Frontier Refinery

**** Note**** Since this is only available in the Cheyenne/Laramie County area, check with your City to see if there is something similar in your area

Fundraising Co-Chairmen—Flo Beville and Tandie Opsal

It's that time again, State Convention, which also means our Second Annual State Fundraiser Bake Off! This year we have decided on cookies. Staying with the theme of the convention, we are going to travel the globe with international cookies. Now is the time to start working on perfecting those cookies and sharing their culture.

It's so easy to participate and the reward is worth it. The winner will have their local and state club dues paid up to \$75. All you have to do is complete the entry form, attach a copy of your recipe along with the \$10 entry fee, and send it to Tandie Opsal by April 15th. We would love to see you at state convention but if you can't attend, just send your cookies with someone that is going and your cookies could be the winner! You can enter as many cookie recipes as you would like along with the \$10 entry fee per recipe. The entry form can be found on the website and also attached to the newsletter.

We had such a great time last year getting to try each of the cake entries for a VERY reasonable price and we are looking forward to trying all the cookies this year. You will need to provide two dozen cookies as we are expecting everyone to want to sample your yummy cookies. Hope to see all of you at the state convention. Don't forget to check out the silent auction items while at convention. They are always awesome and many are very unique.

Leadership Chairman—Beverly Campbell



Leadership tidbit, submitted by Bev Campbell, State Leadership Chairman

For this month I want to share a few simple thoughts that will help keep us going in the right direction as a leader.

- "To handle yourself, use your head; to handle others, use your heart." *Eleanor Roosevelt*
- "Our chief want is someone who will inspire us to be what we know we could be." *Ralph Waldo Emerson*
- "Keep your fears to yourself, but share your courage with others." *Robert Louis Stevenson*
- "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." *Ronald Reagan*
- "Power isn't control at all--power is strength, and giving that strength to others. A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others that they may have the strength to stand on their own." *Beth Revis*
- "Don't tell people how to do things, tell them what to do and let them surprise you with their results." *George Patton*

Membership Chairman—Wendy Owen

Congratulations to GFWC Laramie Woman's Club and GFWC X-JWC for being mentioned in the Jan.-Feb. issue of the GFWC Clubwoman Magazine (pg. 11) for their outstanding new member recruitment during "Rake In New Members". We are all so proud of all of you for keeping our federation alive and "Growing". Keep up the great work!!!!

If any club gets more than three members during Jan., Feb., or March, please send me the names and other contact info. and I will get the info. to international for the next issue of the Clubwoman.

I am Looking forward to seeing all of you at State Convention in April. I am hoping that we will be awarding membership Money to all clubs for getting at least 2 new members in 2015.

Please try to keep working on new members. Don't assume ladies are too busy or wouldn't want to join your clubs, just ask, they might surprise you..

Domestic Violence Chairman—Patti Reese



February is Teen Dating Violence Awareness and Prevention Month.

Help celebrate healthy relationships and join in taking action to help spread awareness and prevent dating violence.

- ✓ Start the Conversation about dating violence and sexual assault with your family, friends and co-workers.
(//www.breakthecycle.org/sites/default/files/handbook – parents of teen 0.pdf)
- ✓ Share the warning signs of dating violence with family and friends.
(//www.breakthecycle.org/warning-signs)
- ✓ Join the Thunderclap (<https://www.thunderclap.it/projects/35950-national-respect-announcement?local=en> of the National Respect Announcement to help promote healthy relationships on Valentine’s Day.
- ✓ Connect with loveisrespect (<http://www.loveisrespect.org/>) and find helpful resources to support your Teen Domestic Month community activities.

Share on Social Media with Break the Cycle:

Don’t just talk about it – CHALK about it #ChalkAboutLove is February 14 and 29. Chalk a sidewalk on a campus, school, neighborhood, workplace or wherever you like about what love means to you and share on social media.

Facebook (<https://www.facebook.com/Breakthecycle>).

Twitter (<https://Twitter.com?breakthecycledv>)

Instagram (<https://instagram.combreakthecycle>)

GFWC-W Community Improvement Project Chairman—Karen Kent

Just a friendly reminder to all club presidents that your CIP reports are due in by the end of the month to me.

GFWC-W CONVENTION REGISTRATION FORM

111th Annual GFWC-Wyoming Convention

April 22nd and April 23rd, 2016

Rock Springs, Wyoming

“GFWC-W: Embracing Our Cultural Diversity and Traveling the Globe”

Lodging: Best Western Outlaw Inn, 1630 Elk Street, Rock Springs, Wyoming
82901 (307) 362-6623

Room Reservations: Please make your own reservation.

Accommodations: Rooms available with one King or two Queen-size beds.

Mention **GFWC-Wyoming** when making room reservation to receive the convention rate. Room rate including tax per night is approximately \$97.01. Convention rate will be available until **April 14th, 2016** after which the room block will be released. **Free breakfast** is included for guests registered at the Best Western Outlaw Inn. *An **elevator is not available**. If needed please request accommodations on the ground floor **when making reservations**. Ground floor rooms have only 1 bed per room available. A handicapped lift is also available if needed.

Meetings and Events: Will take place at the Best Western Outlaw Inn, 1630 Elk Street., Rock Springs, WY 82901.

Mail completed Registration form with check payable to **GFWC-Wyoming** by April 10th, 2016 to:

Roberta Bolton, Registration Chairman

12350 Legend Trail Cheyenne, Wyoming 82009

E-Mail: rbolton@millelect.com

Telephone: (307) 286-0759

CONVENTION REGISTRATION

Last Name _____ First Name _____

Address _____

City _____

_____ State _____ Zip _____

Name of Club _____

Current or Highest Office Held (Club or State) _____

E-mail _____

Home Phone _____

Mobile Phone _____

Registration Fee: _____ \$
25.00 _____

Meals, beverages, snacks:
\$100.00 _____

TOTAL DUE:
\$125.00 _____

(Includes Friday and Saturday night dinners, Saturday lunch, coffee, tea and snacks)

Please specify any dietary restrictions:

Buffet dinner will be served Friday and Saturday evenings.

Friday Dinner: Orange Pecan Chicken, Beef Stroganoff and Noodles, Carved Honey-Cured Ham, Broccoli-Grape, Coleslaw and Green Tossed Salads, Italian

Blend Vegetables, Peas and Corn, AuGratin Potatoes, Rolls and Butter, Chef's Choice Dessert, Coffee and Iced Tea.

Saturday Lunch: Deli Buffet: Selection of meats, cheese, condiments, assorted breads, and salads.

Saturday Banquet Dinner: Chicken Montisi, Pork Loin with Apricot Demi-glace, Carved Roast Beef, Three-Bean, Garden Pasta and Green Tossed Salads, Sugar Snap Peas and Maple Glazed Carrots, Roasted Mashed Potatoes, Rolls and Butter, Chef's Choice Dessert, Coffee and Iced Tea.

***OPTIONAL: Fee for a creative fun project held on Saturday.**

\$10.00 _____

Jennifer Messer, Assistant Director of the Community Fine Arts Center, who provides jewelry-making classes, will be demonstrating how to create a purse charm. Attendees may either purchase the materials in advance to create a purse charm to take or merely attend the session or learn about the Community Fine Arts Center and jewelry-making.

TOTAL Due with optional fee:

\$135.00 _____

Wyoming Women's Center Welding Program (WWC)

The Wyoming Department of Corrections rolled out its mobile welding lab in late 2010. The welding lab, a fully equipped semi trailer, is shared by three facilities including WWC which limits the time the lab is available at each facility. WWC started their welding program in 2013 when an instructor was hired. Max Garlock has worked tirelessly to provide eligible female inmates with great welding skills and a college certificate when they successfully complete all required coursework. The courses are provided as college credit through an agreement with Eastern Wyoming College. Mr. Garlock is an adjunct instructor and is paid by WDOC. Under the agreement there is no additional cost for tuition for the inmates.

Under a grant, WDOC purchased some portable welders for use when the trailer is not on site. This does not allow WWC to offer the full course but provides

additional opportunities for inmates to practice and improve their welding skills while the welding trailer is being utilized at another facility. The inmates are able to provide some repairs and fabricate products the facility needs.

Welding is a non-traditional career for females but an opportunity for them to gain skills for employment. It also affords the women a chance to make a higher wage not generally associated with more typical employment available to releasing offenders. Many of our inmates have never had an opportunity to explore a non-traditional career. They must have a high school diploma or high school equivalency (GED or HiSET) and take an aptitude/attitude assessment prior to enrolling in the course. They must be within 18-24 months of release from prison in order to learn and maintain their skills prior to release. Department of Workforce Services is aware WDOC offers this training and assists offenders in finding appropriate employment when released.

WDOC is working on a tracking system for offenders post release to identify their employment post release but anecdotal information from inmates completing the welding certificate is positive. Many call back and let their instructors know they obtained employment.

According to Mike Quillen, WWC Education Manager, “The ladies enjoy the program and view it as something that will increase their chances of employment in a job that is better than minimum wage, where they will be able to support themselves and their family once they are out.”

News from our clubs

Yoder Women's Club

We had our Dec-Jan meeting at the home of Jan Hodgson. Only 3 members were able to attend due to illness of the other members. Jan Hodgson, Elsie Gray and I exchanged our White Elephant and \$1.00 gifts after our meeting.

We added 2 new members in December and are anxious for all our members to be well again.

Bev Yeik



Women's Club of Rock Springs

The members of the Woman's Club of Rock Springs have been busy as usual. Members are selling Community Days booklets for Herbergers. It is a relatively easy money maker, especially since most of us like to shop.

We had a wonderful General Luncheon on Jan. 19th. The main course was a cream turkey Alexander soup in a bread bowl with chocolate mousse for dessert. It was a nice warm meal for a cold winter's day. Our speaker was the Executive Director of the Sweetwater County Food Bank. Members brought donations for the Food Bank. The number of people using the Food Bank has increased as the number of energy sector jobs has decreased.

On Feb. 2, Shirley Black gave a presentation to our Garden Section on starting bulbs, many of which require chilling for up to three months. She brought bulbs, containers and decorative, small rocks for everyone to plant their own bulbs. She had hyacinth and paper white bulbs. Several members have reported their bulbs are thriving after a week.

Currently the Club is working on their application to GFWC for 501(c)(3) coverage under the Headquarters' umbrella.

We have welcomed two new members this month, Edna Larsen and Marie Finney. We are looking forward to seeing many of you in April at the State Convention here in Rock Springs.

Yours in Federation,

Leslie Jo Gatti for Beverly Blackwell, President, WCRS, GFWC-Wyoming

GFWC X-JWC



Who can I get to join?

As I was doing the reports for the State and National GFWC, I noticed that the reports do not encourage or emphasize the importance of growing the membership. I was truly surprised by that. I consider that to be one of the MOST IMPORTANT priorities of a club. If clubs are to grow and be successful, every effort must be made to increase membership. Last year our Club President, Carolyn Turbiville, decided she wanted to increase our membership and win the state award. She did win the award and it was an eye opener for me. As President this year, I also wanted to see our club grow. Our club has continued to put an effort in recruitment of new members and we are seeing wonderful results. In 2014 and 2015 we have increased the membership by 19 new members with more to be installed in March. We must continue to make it a priority or our clubs will not be successful in maintaining a workable membership to serve our communities. Not only does it allow for us to do more for our communities, it is a rewarding experience watching the new members get involved, demonstrate new energy and providing new ideas. As President my goal was to increase membership by 1 for each month of my term. I have been totally surprised by how easy it is. Most ladies feel honored when we ask. We have found that we get 3 yes answers out of 5 ladies asked. Just ask ladies you know and tell them about all the good things you do and you will be surprised at what the results will be. It won't happen unless you take that first step and share the pride and belief in your club with others. I would love to see our little Wyoming State stand out on a national level for rebuilding the number of active members in Wyoming. The best news is that it is nice to see new energy and older members like me don't have to work quite so hard. **GO GET EM LADIES!**

Submitted by Bev Campbell, President

“Never Stop Doing Your Best Just Because Someone Doesn't Give You Credit.”

