

MARCH 2016



GFWC X-JWC HotLine

Carolyn Turbiville Editor

Calendar of Events:



Bunco- March 8 Lunch 11:30 Bunco 12:30 Peppermill

Day Light Savings Time-Sunday March 13 2 a.m. (Spring Ahead)

St. Patrick's Day-March 17

Bingo Fundraiser-Saturday March 19 6:00 p.m. Grandma's Pickle Parlor Pizza and Drinks will be available. You may bring your own food in.

Spring begins-March 20

Literary-March 21 Melody Nielson will be reviewing a book.

Easter-March 27

Board meeting-March 29 10:00 a.m.-Pointe Frontier Craft Room. All members, new and mature, are welcome.

Crafts-March 28

State Convention- April 22 & 23 Rock Springs, WY Registration for convention is due April 10.

International Convention-June 26-27 Baltimore, MD

Our Members

We support our members!



Happy 95th birthday to Phyllis Black March 6!

A reception in celebration of Phyllis Black's 95th birthday is being held at Pointe Frontier Mezzanine, Sunday March 6 2-4 p.m. Cards only, please.

Sympathy is extended to Mildred Treber and her family in the loss of her sister in Denver.



to Willie Condron for being a member of X-JWC GFWC for 60 years. We are so proud

of you! She has been a member longer than anyone to X-JWC and GFWC Wyoming!

Congratulations to Trish Peoples, for being selected as the LEAD candidate from Wyoming to the GFWC International Convention. She will be attending a one day Leadership meeting before the convention. Her name was submitted by X-JWC. We are proud of you and know you will make a great leader! (Maybe you should run for President of United States)

Carol Steinhour is giving herself a 65th birthday party with an open house Thursday March 10 4 p.m. to ? at her home 3509 Cleveland Ave. She wants to get 65 people to sign her guest book.

Website for:

State GFWC gfwcwyoming.org

International GFWC gfwc.org

Conservation

Please bring all used batteries to the meeting to be recycled. This is a change of information from the fall. Do not discard them in the trash.

Glass is no longer being picked up. Do not take glass to the bins indicated for glass.

Conservation Community Service Program State 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.

Tidbit from X-JWC Past 50 years

In the summer of 1978 over \$1,000 worth of authentic clothing and two children's mannequins were donated to the new Old West Museum, making X-JWC a founding patron of the museum corporation.

History of X-JWC, 1990-2015 is currently being update.

President Speaks Submitted by Bev Campbell

Here it is March already and our club year about to end! During 2014 the past



President got us out of our slump and recruited 9 new members. When the March meeting ends we will have had 12 new members join our club since June 1, 2015. That is amazing! I have been trying to figure out why we have had so many say they were interested in joining now when in fact several had been asked to join previously. I know at

least two new members substitute at the monthly bunco. The bunco games have served us well for recruiting new members. The other new members were recruited by various members including our 95 year old Juanita Pennington who recruited a friend from her church.

The only conclusion I can come to is the follow up. The past president followed up when she learned that someone may be interested in joining and we have continued to practice the follow up this year. If we ask someone to join and they don't, they were contacted and more information about the club was shared, questions and concerns answered and they are encouraged to come to the meeting to check us out. When asked why they were hesitating, most of the potential members expressed that they were uncertain about what would be expected of them. When they hear that they can participate in the activities that they enjoy and are not required to do everything the club does that is usually when they said they would join.

I am so proud of our members for making an effort to increase our membership and I hope we can continue to grow the club. The important part our members must do now is to get to know these ladies and assure we involve them in the activities of the club that they are interested in. Working together on projects is where the fun and fellowship happens. It is important that the members who are planning an activity pick up the phone and make sure our new ladies know about the activity and invite them to participate. We must not just assume they know where to get the information, where to sign up and what it will involve. New members always have a lot of questions and they need every opportunity to ask those questions.

We will have an orientation for the new members prior to our meeting April 6th 9:00am in the lobby of the Radisson Inn. If you are a member and would like to attend feel free to join us.

Ladies, thank you for being such a dedicated member of X-JWC and making my year such an outstanding year. Don't stop now! Let's keep it going.



Dues are due by May, be an **Early Bird** and pay them at the March meeting. Dues are \$38.

Art Notice Mary Ann Kamla

A lot of different art exhibitions will be happening in town that you might enjoy. The Governor's Capitol Art Exhibition is at the Wyoming State Museum. There are 42 works of art by 36 regional artists, this exhibit will only be through March 7th. Beginning on the 20th of February, be sure you visit the Library on all floors, to see the 6th Grade Art Show. This is art created by LCSD #1 sixth grade students. Then calling all XJWC ladies to pick up your membership art entry forms for photography, hobby, crafts and sewing and any other miscellaneous art for the regional contest in Rock Springs at the State Convention. Lets have a great showing from the ladies in Cheyenne!!

What do you put in a toaster? Answer on page 5

International Affairs Trish Peoples

If you would like to fill an Operation Smile bag, here are the items.



- Small shampoo (.85 to 1.4 oz size, screw-on top only)
- Small comb (no rat tails)
- New wash cloth
- Bar of soap (small hotel size)
- Travel-sized toothpaste (at least 6 months from expiration date)
- Child-sized toothbrush (single package)
- Small stuffed animal (Beanie Baby® size)
- 8-pack box of non-toxic crayons
- Thin 8.5" x 11" coloring book
- Small square mirror (approximate size 3"x 3")

You may bring the items for the Operation Smile bags to the March and April general membership meeting.

Do you have a son, daughter, grandchild, niece, nephew, friend or neighbor who is graduating from high school this year? **Women's Civic League** is accepting scholarship applications from local graduating high school seniors who plan to attend the University of Wyoming, a Wyoming community college or an accredited technical or trade school in Wyoming.

Applications are due by March 15 and are available at womenscivicleaguecheyenne.org or from Phyllis Salzburg, 421-1516. Scholarships are made available from the proceeds of the 2015 Christmas House.

Home Life-Judy Engelhart

Help the National Society of the Daughters of the American Revolution break a World Record! We hope to send "more letters to military personnel collected in one month" to our deserving soldiers. To break this Guinness World Record we must collect more than 10,000 letters. I hope that Cheyenne and Laramie county can help.

1. You may only submit one letter or card.
2. All letters/cards must carry a greeting. They may addressed to a specific person in which case start with "Dear John Smith" or something similar OR any active service military person and should start "Dear Soldier" or an equivalent greeting. To find a list of military installations to send the letter to go to www.dar.org/WorldRecord.

DAR GUINNESS WORLD RECORDS™ Attempt

www.dar.org Can We Set a Record in Patriotism?

3. Next, there must be an original message of support/appreciation.
4. Next, there must be a closing- "love, Thank you, sincerely" for example.
5. All letters/cards must be original and handwritten and may as long as the writer desires.
6. On the envelope please have your name and return address and a 49 cent stamp. DO NOT SEAL THE ENVELOPE!
7. Please return the envelopes by the May general meeting.
8. Contact: Judy Engelhart, 632-2623 or judegen@gmail.com. I am happy to answer any questions and if you would like me spread the word at a local school or group let me know.

Please help Wyoming State Museum Volunteers

We are having a Garage Sale August 6.

When you are doing your Spring housecleaning, please think of us and save items for us. Please let Carolyn Turbiville know if you have items.

Money from the garage sale supports the Wyoming State Museum, which helps all of us. Thank you for your support. Carolyn Turbiville

Answer: 'bread.' If you said 'toast', just give up now and go do something else.



**YOU'RE NEVER
TOO OLD TO
DO GOOFY
THINGS**



SPICE OF LIFE
www.facebook.com/SpicedHumour

**The more you weigh,
the harder you are
to kidnap**

   @wearemitu

**Stay safe
EAT TAMALES**

Photo credit: www...

mitu