

GFWC-W April 2016 News Blast

Love, Live, Laugh and Leave a Legacy



From the President—Ann Norwood

Dear GFWC-W Friends,

I am excited to say that the 111th GFWC-W State Convention is rapidly approaching! Thanks to the hard work of our Convention Chairmen, Mary Lee Dixon, Wendy Owen and Phyllis Salzburg, as well as assistance from the Woman's Club of Rock Springs we are anticipating a fabulous convention! I have included highlights regarding the convention in this issue. Detailed information and all forms are also available on the gfwcwyoming.org website, as well as the GFWC-W "Call to Convention" Issue of the Clubwoman, also found on the website. This is a wonderful opportunity to learn, network, share camaraderie and have fun so please be sure to attend. The registration deadline is April 10th. Sign up for the Ciner Mine Tour on Thursday, April 20th by e-mailing cheyanny@gmail.com no later than April 13th. The limit is ten (10). Please bring or send your international cookies for the "Bake-Off Cookie Contest" as well as your items for the Food Bank and Humane Society Service Projects. Details are available in the GFWC-W "Call to Convention" Issue of the Clubwoman regarding both of these requests. Read about **three** of our outstanding presenters in this News Blast.

In celebration of our International Night, entertainment will be provided by two vocalists and a pianist from the Western Wyoming Community College Performing Arts Department. The vocalists will be singing opera arias and art songs, featuring different countries.

April is Autism Awareness Month

Since National Autism Awareness Month began in 1970, the number of individuals diagnosed with autism has grown at an alarming rate. In the 1970s and 1980s, about one out of every 2,000 children was diagnosed with autism. Today, the National Institutes of Health estimates that 1 in 68 children have an Autism Spectrum Disorder. Autism Spectrum Disorder (ASD) is a developmental disability. ASD is characterized by repetitive patterns of behavior and difficulties with social communication and interaction. There is a wide range of ability among both children and adults with ASD. Some people with ASD are gifted and others need significant levels of support to ensure their well-being. About 25 percent of individuals with ASD are nonverbal but can learn to communicate using other means. ASD is a lifelong disorder. While there is no known cause or cure, it is treatable. People with ASD can make significant progress through therapy and treatments, and can lead meaningful and productive lives. GFWC's Home Life Community Service Program Partner, Easter seals, provides a wide variety of services that help individuals of all abilities and the families who love them. You can learn about Easter seals' autism programs by visiting their website at www.easterseals.com.

A State by State Celebration of GFWC

GFWC is proud to say we have clubwomen in each and every state in the union. To celebrate our diverse members and the communities they serve, Headquarters will devote a day to celebrating each state in Federation. Beginning April 6, a different state flag will fly alongside the GFWC flag at Headquarters every business day. Check the GFWC Face book page to see a photo of the day's flag and to learn a little about the state's history within Federation. When our state flag appears on our Face book page, leave a message saying how your community and state benefit from the volunteer projects of GFWC clubwomen.

Tell Congress to Fund Programs that Address Violence Against Women

Congress is considering FY 2017 appropriations to fund services to victims of domestic violence and sexual assault through the Violence against Women Act (VAWA), Victims of Crime Act (VOCA), and the Family Violence Prevention Services Act (FVPSA). These programs are both cost-effective and lifesaving. The need for the funds is well documented. According to the Center for Disease Control (CDC), averages of 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States – that is over 12 million a year. The National Domestic Violence Counts Census reported that 12,197 requests by victims for help went unanswered on a single day last September due to a lack of funding and resources. The vast majority of the requests (63%) were for safe housing. The National Alliance to End Sexual Violence revealed that the nation's 1,315 sexual assault programs often lack the resources to meet victims' most basic needs. Almost half of rape crisis centers have a waiting list for counseling services. Wait times can be as long as 3 months in some areas. Check out GFWC News and Notes, April 2nd to learn how to send your representatives a letter expressing your wish to fully fund programs aiding victims of domestic violence and sexual assault through the GFWC Legislative Action Center. YOU can make a difference.

The Fight for Equal Pay Continues

It's hard to believe that the gender pay gap still exists in 2016. Women, on average, are paid only 79 percent of what men are paid. For women of color, the pay gap is even larger. Equal Pay Day gives us the opportunity to bring awareness to this injustice. Tuesday, April 12 symbolizes how far women must work into the next year to earn what men earned the year before. Equal Pay Day is always on a Tuesday, which is how far women must work into the next work week to earn what men earned the previous week. You can connect to a link on News and Notes for April 9th to tell Congress to support the Paycheck Fairness Act via the GFWC Legislative Action Center

Clash of the Grandmas

Are you a grandmother who loves to cook? The Food Network is searching for contestants for Clash of the Grandmas, a competitive cooking show! We know

there are some talented GFWC chefs out there who would make great contestants for this show. If you're a real-life grandmother who is the queen of the kitchen, consider trying out today. Please check out the link in the April 9th News and Notes to see how you can apply.

Partner Spotlight: USO



The USO's Campaign to Connect is aiming to send 1 million messages of support and gratitude to our service members in their 75th Anniversary year. To do that, we need the support of every proud American. The best part is, it only takes a few moments of your time and a few kind words from your heart.

GFWC has set up a special place on their website where we can all show our support and begin to connect with our service members. To take part, all you have to do is visit [GFWC's special link](#) and submit a message of support. That's it. The USO will take care of delivery.

In no time at all the USO will have your message displayed in centers across the world. As our service members go about their day protecting us, all they will have to do is visit their USO center on base to see a groundswell of support from back home.

Women's History Resource Center

As your club or you as an individual contemplate disbursements you are making, PLEASE include the 1734 Society and Friends of WHRC in those discussions.

Membership in both run for one year, so if you joined last year it is time to renew. Your participation and support of both are critical to keep GFWC Headquarters as the museum quality show house it is and WHRC the world class research library it has become.

In case you are new to GFWC both the 1734 Society and Friends of WHRC are explained as follows:

[1734 Society](#)

Named for our esteemed Washington, DC address – 1734 N Street – the purpose of the 1734 Society is to ensure the preservation of GFWC Headquarters, a National Historic Landmark. By joining in the 1734 Society you maintain the structural integrity of this historic building which continues to serve as a vital center for women's issues and outreach all while demonstrating your pride and commitment to GFWC.

Built in 1875, and established as GFWC Headquarters in 1922, the building has a rich history, serves as a residence to the International President during her administration, serves as professional office space, and houses the GFWC Women's History and Resource Center.

Friends of the WHRC

Your membership donation will help the WHRC engage in outreach activities for students, teachers, and others interested in learning more about the history of GFWC and women volunteers; preserve and catalog the WHRC's multimedia collections; build the research library collection of publications on women's history; and offer internships and research fellowships.

Ann Adragna Norwood

GFWC-W President

“GENEROUS MEMBERS OF GFWC-W”

Dear GFWC-W Friends,

You have once again exceeded any possible expectation regarding your remarkable generosity!

Clubs throughout the state have contributed a total of **\$1,200.00** to benefit the GFWC-W State President Project for March and April for the Wyoming Women's Center. We have been able to provide 10 women graduating from their Welding Program with steel-toed boots and helmets. The breakdown is as follows:
Financial Donations of checks or cash: \$850.00. Amazon Gift Cards: \$350.00.

I can assure you that Warden Pullen and Julie-Tennant Caine and **most importantly** the ten women who will benefit from your generosity are extremely grateful! You have impacted their lives and futures through your kindness. You ladies make me proud not to mention make me even cry a little with joy! I just love all of you! Thank you from the bottom of my heart!

Ann Adragna Norwood



GFWC-W 111th State Convention

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

Rock Springs, Wyoming

April 22nd and 23rd

- **Best Western Outlaw Inn – Room Block Reserved GFWC-W Released April 14th**
- **Guest Presenter: GFWC Second-Vice President, Marian St. Clair**
- **Outstanding Presentations to include Dr. Karla Leach, Western Wyoming College President, Dr. Dudley Gardner, professor at Western Wyoming College, and Mary Guthrie, attorney in Cheyenne.**
- **Ciner Mine Tour Thursday April 21st. Below and Above Ground.**
- **Tours: Historic Walking Tour, Community Fine Arts Museum, Western Wyoming College.**
- **Installation of Officers for 2016-2018 Administration and Reception.**
- **Art, Photography, Craft, Hobby and Writing Contests.**
- **“Cookie Bake-Off” Contest. Bring or send your international cookies.**
- **Silent Auction, 50/50 raffle, Quilt Raffle**
- **International Night! Join the fun.**
- **Bring or send items for Service Projects: Food Bank & Humane Society.**
- **Registration Deadline is April 10th. Registrar is Roberta Bolton.**
- **See: SPRING EDITION OF THE GFWC-W “CALL TO CONVENTION” ISSUE OF THE CLUBWOMAN for details.**

- All information and forms available on the gfwcwyoming.org website.

- *GFWC-Wyoming Convention Presenters*



Mary B. Guthrie was born and raised in Newcastle, Wyoming. She received a B.A. in English and a J.D. from the University of Wyoming. She was a law clerk for the 10th Circuit Court of Appeals, worked for the Wyoming Attorney General's Office for 17 years, where she successfully represented the State in *Wyoming v. Oklahoma* in the U.S. Supreme Court. Mary also served as the Cheyenne City Attorney and the executive director of the Wyoming State Bar Association. She taught high school English for two years and later in her career was an adjunct English instructor at Laramie County Community College for ten years. She has been a lobbyist for the Union Pacific Railroad. Guthrie has been active in many civic organizations, including the United Way, Rotary, St. Mark's Episcopal Church, the Cheyenne Civic Concert Band and several book and discussion groups.

Her first presentation will be a discussion of *Disrupt Aging*, a brand new book published in April 2016. Participants will explore ways to embrace opportunities and change the way we look at getting older.

Her second presentation will be an examination of why civic engagement and community involvement are important to individuals and their communities. Participants will discuss the importance of "social capital"

and strategize on how to generate more civic involvement and membership in clubs.



Dr. Karla Leach is completing her eighth year as president and CEO of Western Wyoming Community College in Rock Springs, Wyoming. The College serves 29,000 square miles in southwest Wyoming and she is always on the move.

Karla came to Wyoming from Texas where she served CyFair College as dean of student learning. Prior to serving in that capacity, she was part of the doctoral faculty at Texas A&M University-Commerce. For seventeen years, she served as dean of workforce and continuing education at Tarrant County College in Fort Worth, Texas.

She earned her Doctorate of Education in Community College Leadership from the University of North Texas, her MBA from the University of Texas-Arlington, and her Bachelors of Science in Education from Texas Tech University.

Karla and her husband Richard have four grown children and three absolutely delightful granddaughters.

Her presentation is “Changing the World, Step by Step”. The world changes slowly, yet we desire to make it a better place—to leave it better than we found it—to pass to our children a world filled with opportunity. We will talk about the thoughts, plans and activities that make each of us the perfect person to change the world, at least a little.



Dr. Dudley Gardner is a Professor Emeritus at Western Wyoming College and a very active field Archeologist. He has called Rock Springs home for 35 years. He has published numerous articles and several books that focus on southwest Wyoming and the North American West. One of his focuses has been the diverse population of Wyoming, a topic that he will share with us at state convention.

Rock Springs and Southwest Wyoming have long been the home of diverse populations. In 1869, the special census for the future Territory of Wyoming showed over 100 Irish immigrants in Sweetwater County. By 1870 the Irish railroad workers began to be replaced by Chinese laborers. By 1900 Chinese railroad "gangs" had almost vanished and in their place were Japanese, Greek, Armenian, and Mexican repairmen. At the same time in the mines of southwestern Wyoming Serbians, Croatians, Italians, and Koreans worked. The region would be and still is an area of ethnic diversity. It is the nature of this diversity in southwestern Wyoming that will be presented in this lecture for the GFWCW.

Food Bank Items Requested be brought to the convention

Canned fruits, meats, stew, chili, ravioli and milk

Powdered Milk Cereal Pasta Sides Rice Sides

Diapers sizes 4, 5 and 6 Pull Ups for potty training Baby Wipes

Red Desert Humane Society Items Requested be brought to the convention

Dry Puppy or Dog Food (No ol' Roy or Alpo, please) Dog/puppy toys

Dry Kitten or Cat food kitten/cat toys kitten/cat treats

Raw hide bones puppy training pads forever stamps dryer sheets

Essay folders kitty litter cat scratch pads

pet friendly mop solutions/cleaners pet friendly air fresheners

State Dean of Chairman—Leslie Jo Gatti

This is a request to all outgoing & all incoming Officers and Board members. There will be a short meeting at 9 a.m. on Sunday, April 24 in the Calamity Jane Room. The purpose of the meeting will be to turn over all the trappings of your office (thumb drives, files, etc.). Any questions, contact me. Thank you for all your help.

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

[\(307\)382-2096](tel:(307)382-2096)

PC_LJGatti@hotmail.com

Conservation Community Service Program Chairman—Elsie Gray

April Conservation Projects for Your Club

Plant a tree in a community area. Trees help take in carbon dioxide— they are like carbon sponges.

Host a green party, attend an environmental meeting, watch an environmental film—have fun and learn some new facts to share with your friends and family...education is the key to stewardship.

Host a community park clean up.

Host a fun eco-swap party...swap scarves and jewelry ...great way to reuse items.

Share our online EnviroPlay games with a local school or youth group or play it at a meeting.

Club Conservation Awards

Clubs participating in fundraising and conservation projects are eligible for these awards: State Conservation, Teach Green, Read Green, and Invest Green. *Visit www.NatGen.org/GFWC for more information.*

Education Community Service Chairman—Pat Stenback

Ladies I want to thank you for all your hard work to improve education. It has been a learning curve the past two years trying to find things in which all clubs can participate. The one thing I have learned is that we may be a state small in population but I am convinced Wyoming women can accomplish anything they set their hearts and minds to do.

Keep up the good work with scholarships and encouraging education. Remember a book can change a child. Books are always welcome in schools, child care and doctors offices.

Please remember “You’re never too old, too wacky, too wild, to pick up a book and read to a child.” Dr. Seuss

Homelife Community Service Chairman—Phyllis Salzburg

April welcomes spring and **Autism Awareness Month**. Autism is the fastest growing developmental disability in the U.S. [Easter Seals](http://www.easterseals.com) is the leading non-profit provider of services for individuals with autism, developmental disabilities, physical disabilities and other special needs. For more than 85 years, Easter Seals has been offering help and hope to children and adults living with disabilities, and to the families who love them. Through many avenues Easter Seals creates life-changing solutions so that people with disabilities can live, learn, work and play. There are a number of organizations researching to find the cause and cure for Autism Spectrum Disorders (ASD), however Easter Seals is unique as the nation’s leading provider of services and support for children and adults living with ASD and their families, working internationally to provide children and adults with ASD individualized treatment plans and comprehensive services.

<http://www.easterseals.com/our-programs/autism-services/easter-seals-and-autism.html>

International Outreach Community Service Program Chairman—Trish Peoples



“WYOBELLE”

Happy Spring! Let me share some tremendous news. Shot@Life reports that an estimated 17.1 million children have been saved by measles vaccinations since the year 2000. GFWC-Wyoming is part of that life-saving number. We do good work!

Meals on Wheels Community Service Project

What: Making 250 poppies for Meals on Wheels

Who: X-JWC and WCLC Members

When: May 18, 10:30 until finished

Where: Laramie County Library Cottonwood Room

Why: This is the final State President's (Ann Norwood's) Service Project for GFWC-Wyoming (in conjunction with X-JWC Home Life)

Note: Please bring your own scissors, if possible.

Contact Trish Peoples for more information,
tlapples@yahoo.com. 307-637-0131



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.

FUNDRAISING FOR GFWC—WY WELL UNDER WAY

Leadership Chairman—Beverly Campbell

I have been teased about the 80's and 90's group of ladies being my favorites and I won't try to deny it. I am in awe of these members. When I am in pain I think of them and tell myself that they continue to forge forward regardless of their pain. When I get mad at myself for forgetting something or make a mistake, I think of them and see them laugh because they forgot something or did something silly. When I am confused or have questions I know I can go to one of them and they will point me in the right direction in a calm and respectful way. I could go on and on with examples as to why I love being with them. I respect them to the max and I hope and pray that I will grow older being at least half as strong a leader as they are.

You may be wondering why I am writing what I did for a Leadership article. Well, we lost four of our outstanding leaders/members in the month of March. We lost Willie Condron 98, Marcy Iverson, 93, Emma Fosdick, 83, and Carolyn Johnson 80's. All of these women were past Presidents and held many positions within their club and the State. They were what I envision as true Leaders. They were very dedicated to their club and were full of history and knowledge. They were leadership role models.

Saying thank you can be a difficult thing to do. Doing so means admitting that you are in another's debt. We are not all powerful because humans need the help of others to survive. We are constantly relying on each other for all kinds of resources, both physical and emotional. When someone says thank you they are acknowledging that they have received something from another human being.

This is my thank you to Willie, Marcy, Emma, and Carolyn J. Words cannot begin to express the sorrow for losing these role models, but what I gained from them will always be a part of my life. So long for now to Willie our wine lady who kept us straight, Marcy who was given the greatest giggle and positive attitude, Emma the lady with the heaviest purse who was always kind to everyone, and Carolyn J who made one of her priorities to purchase Christmas gifts for a needy family.

They will be missed by many. **THANK YOU LADIES!**
Bev Campbell, State Leadership Chair



Domestic Violence Chairman—Patti Reese



April is Child Abuse Prevention Month. To show your support, plant a pinwheel garden. Prevent Child Abuse Wyoming will once again be selling pinwheel gardens (24 pinwheels) for \$25.00 each. Anything over 100 pinwheels will be priced at \$1.00 per pinwheel. The pinwheels may be ordered through Prevent Child Abuse Wyoming's website, www.pcawy.org. This is a statewide effort that anyone can join! You will receive your pinwheels by April to display for Child Abuse Prevention Month. Prevent Child Abuse WY has an award for the largest pinwheel gardens. Perhaps, your club's garden will win!

All kids deserve to be happy, health and safe!

Juniors Special Project: Advocates for Children Co Chairmen--Kay Coletti and Lindi Kirkbride

Clubwomen can participate in projects that benefit children of all ages. We have partnered with like-minded organizations that advocate on behalf of children everywhere and we can become advocates by working to:

- * Ensure children are protected from harmful situations
- * Encourage healthy physical and emotional lifestyles
- * Impact policy to improve children's lives

Idea for 2016

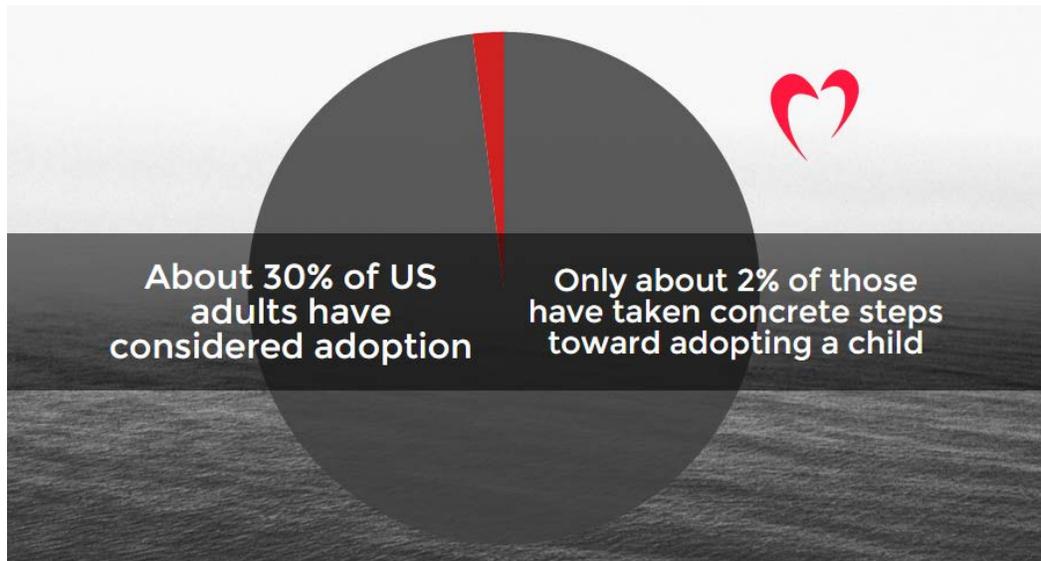
- * *Educate members and others about the importance of foster care and the need for quality professional foster parents. And help teens who are in transition due to aging out of the foster care system.*

“We live in a world in which we need to share responsibility. It’s easy to say ‘It’s not my child, not my community, not my problem.’ Then there are those who see the need and respond. I consider those people my heroes.” -Fred Rogers

“Sometimes our work as caregivers is not for the faint of heart. But, you will never know what you are made of until you step into the fire. Step bravely!” — Deborah A. Beasley

“If you can help a child, you don’t have to spend years repairing an adult.” – Joyce Meyer

“There are no goodbyes for us. Wherever you are, you will always be in my heart.”
-Mahatma Gandhi



May is Foster Care Awareness month across the country so this May in Wyoming, we can provide an opportunity to showcase a variety of foster parents and some social workers who help them at our club meetings.

HOW and WHAT:

- * A social worker's contact info will be given to each club president so all clubs will have access to the experts in charge of foster care children and families in their communities. These social workers will contact a few different types of foster parents who are willing to share their experiences with your members. You are encouraged to make arrangements as soon as possible for May activities. If your calendar is full, please consider planning this event for any other month as the issue is timeless.
- * At your May meeting, allow 15-20 minutes for a few foster parents and a case worker to speak about their experiences with foster care. Each person will only speak for about 3 minutes so there can be time for a couple of questions from members at the end. Considerations: If you have a meal, plan to cover the expenses of the guests and have them sit at separate tables with members. Present each family with a small (hand-made) gift, a family local activity pass or something meaningful as a token of our appreciation of their roles in children's lives.
- * Here are another couple of ideas for an on-going project. As may know foster care placements can happen at all hours of the day. Immediate help with supplies, including meals, would greatly help while the children/families are in transition. The provision of specific supplies might also be very helpful and perhaps your club can provide a wish list to its members to collect needed supplies. The social worker can inform your club regarding what would be most helpful and how to get supplies to the families.

We will be providing the different state club presidents with the contact information for a social worker in your club's area should your club opt to pursue this wonderful project. You may obtain the contact information from your club president.

Should you have further questions, please contact Lindi at (307) 246-3205 or lindikirkbridewy@gmail.com or Kay (307) 514-4066 or coletti.k@gmail.com.

Kay Coletti and Lindi Kirkbride
Advocates for Children Co-Chairmen

News from our clubs

Yoder Women's Club

Join the GFWC Yoder Woman's Club for the last meeting of the year

No Host Supper and Wine Tasting

Table Mountain Vineyard

May 17, 2016 6:00 P.M.

Cost \$12.00

RSVP By May 10, 2016

Elsie Gray

[307-532-3524](tel:307-532-3524)

Women's Club of Rock Springs

The Woman's Club of Rock Springs is busy getting ready for the 2016 GFWC-Wyoming Convention in just a couple weeks. We have filled goody bags, packaged door prizes, discussed silent auction items, checked favorite cookie recipes, crocheted all manner of items & printed some amazing photos. Are we ready? Probably not!

The Club enjoyed the company of Wyoming President Ann Norwood & Vice President Mary Lee Dixon at our February luncheon. Ann won the door prize!

The Garden Section learned about container gardening. Members gave updates on the bulbs planted earlier in the year, including one member whose cat removed the bulbs and proceeded to bat them around like toys. The literature Section continued to report on a wide variety of books. Mysteries are still everyone's favorite. The Busy Hands Section worked on ideas for the convention, including how to decorate a table for Poland.

Our members are looking forward to seeing old friends and making new ones at the Convention.

Submitted by Leslie Jo Gatti for President Beverly Blackwell

“Things that are fun to believe in:

1. Ghosts
2. Aliens
3. Magic
4. **Yourself!”**

