

Fridley Women of Today



February 2010

.....thoughts from the President

We may be nestled in our warm homes during these winter days and therefore minimizing our volunteering outings. However, we should not let the cold prevent us from volunteering. Winter is a wonderful time to let our creative juices flow for homemade projects. Ideas include making cards for patients at hospitals to use, going through closets and donating clothes, fabric and other craft materials, or making cookies and taking them to a homeless shelter. These projects can be done alone or by teaming up with other members or friends.

Last month Fridley Women of Today members gathered at a member's home to make tie blankets for donation to Shriners Hospitals for Children. Some were "pros" and others were "first-timers" in making the fleece blankets. In the end, we enjoyed the company of others while making blankets that will warm the hearts of many children. Opportunities such as this are abundant. Let's see how creative we can be!

Anne

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Helen Keller

.....363 Days

It's midnight. A homeless man is silhouetted against the brightly lit window of a convenience store on Hennepin Avenue, as anonymous as a shadow.

Allan Law hands him a bottle of chocolate milk and a pack of the cheapest cigarettes he could buy inside. "Take your medication," he says.

They're Michael's alternative to drugs. The sleeves of his sweatshirt hide arms scarred by needles. He thanks Law and says he's doing better at staying straight. Down the street, a man sits slumped in a wheelchair that is parked on the sidewalk, bandaged leg stretched straight. His companion squats on some steps. "You want something to eat?" Law calls out. The able-bodied man hurries to the car. Law hands him sandwiches and water. "Thank you so much," the man says.

Every night of the year, Law, 64, is on the streets of Minneapolis in a van packed with sandwiches for the homeless. Last year, the retired Minneapolis schoolteacher distributed 85,000 sandwiches to hungry people. This year, he's on track to hand out 170,000. It is what Law does, and who he is.

And that is the reason why Fridley Women of Today will be making a few hundred sandwiches on Thursday, February 4th. The sandwiches are for 363 Days – a grass roots organization that will deliver all the sandwiches we make to the homeless. We'll meet at 7:00pm in room 116 of the Fridley Community Center. Call Kathy with any questions you might have or check out 363days.org for more info about the organization.

We hope you will consider joining us February 4th.









"If everyone just helped a little, said a kind word to everybody, the world could be a better place."

--Allan Law

.....What's Happening?

FEBRUARY

- 4 Making Sandwiches for 363 Days Ministries
- 6 Pancake Breakfast
2nd Annual Bow Wow breakfast to benefit Can Do Canines Assistance Dogs
- 11 FWT General Meeting at FCC
- 14 Valentine's Day
- 15 President's Day
- 15 Registration due to Joanne L for Women's Wellness Retreat
- 18 District 9 Meeting in White Bear Lake
- 27 Women's Wellness Retreat in Albertville

February 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 	5	6 
7	8	9	10	11 	12	13
14  Valentine's Day	15  Presidents' Day	16	17	18 	19	20
21	22	23	24	25	26	27 
28						

..... Happy Birthday Greetings to:



**HEY,
HAVE A NICE
BIRTHDAY**

**GOT ANY
BIRTHDAY
CAKE?**

Tammi W

February 4th

.....Women's Retreat in Albertville

JOIN US AT THE WOMEN'S RETREAT

Albertville MN



Life is short.

Break the rules,
forgive quickly,
kiss slowly,
love truly,
laugh
uncontrollably,
and never
regret anything
that made you
smile.

Come enjoy a relaxing day with us. Bring your scarf to model. We know scarves are a big fashion statement this year and we want to show them off. They can be warm scarves, colorful scarves, old faithful scarves and do you have a babushka? We will have speakers, card making, yoga, games and prizes. At the end of the day you may want to go shopping at the Outlet Mall or spend the night and go shopping on Sunday.

When: Saturday, February 27, 2010

Where: 5959 Main Ave NE

Albertville, MN 55301

Time: Registration and light breakfast 8:00 to 9:00

Lunch provided 12:00 to 1:00

Ends at 5:00

Cost: \$15



Name _____ Chapter _____

Address _____

Email Address _____

Send registration to Joanne Larson, 1976 Bluestem Lane, Shoreview, MN 55126 by February 15th.

If you have questions, call Mary Bartlett @ 218-721-3822 or Joanne @ 612-709-2717

**CELEBRATE NATIONAL
WEAR RED DAY ON FEB. 5**



...Hearing and Service Dogs of MN

TASTE FOOD GET PAID RAISE MONEY for Hearing & Service Dogs of MN

Become an FPI Tester-

- 🐾 Taste testing is fun & easy
- 🐾 Day & evening sessions available
- 🐾 Several Twin Cities test locations to choose from

Participate in taste tests and earn \$25-\$100 for yourself, and \$10 for Hearing and Service Dogs of Minnesota.

To sign up go to www.fpitesters.com and click on "Become a Test". In the "Organization" field, type Hearing and Service Dogs of Minnesota.

Questions? Call 763-354-2776

VALENTINE'S DAY



BECAUSE LOVE ISN'T QUITE
COMPLICATED ENOUGH AS IT IS.

...Who Am I?

Can you guess who the FWT member is by her answers?

If I had more time, I would:

Take the girls out walking more-I have to do one at a time because they are so big.

My all time favorite movie is:

Toss up between There's something about Mary and Bridges of Madison County

The first job I ever had was:

McDonalds or KFC-I moved right after I got the McDonalds gig....not even sure If I was done being trained in.

My secret for living a good life is:

Pamper yourself-if you don't....nobody else will.

If I could be anyone for just one day, I would like to be:

A really good singer doing a great concert with awesome dancing moves

When I turn on the radio in my car, the station that comes on is:

Could be any of the following-KQ, Cities 97,

(The answer is at the end of this newsletter)

... mmm a tasty treat for you

Dipped Chocolate Treats



Enjoy your favorite fruits and savory snacks this Valentine's Day with a hint of chocolate. These Dipped Chocolate Treats make for a fun kids' recipe, an elegant party dessert or a holiday sweet.

Ingredients

1/2 pound of chocolate
1 to 2 teaspoons salad oil

Cooking Instructions

- In 2-cup glass container, microwave chocolate on medium (50% power) until softened stir until smooth.
- For easier dipping, stir in 1 to 2 teaspoons salad oil.
- Use for dipping fruits, pretzels, truffles, etc. Recipe makes enough to dip 6 cups pretzels; or 2 pints strawberries. Try combining melted dark and white chocolates before dipping...very pretty

Melting times

semisweet chocolate.....2 to 2 1/2 minutes

milk chocolate.....1 1/2 to 1 3/4 minutes

white chocolate.....1 to 1 1/2 minutes

This is a microwavable recipe.

... and a tasty treat for your dog too



Woof woof woof TAMMI

(thank you Tammi)



Easy Treats for Your Best Friend

3 cups plain non-fat yogurt
1 cup unsalted peanut butter
1 tablespoon honey

Combine all ingredients together and whisk thoroughly.

Pour mixture into ice cube trays and freeze solid (at least 2 hours)

Pop out one cube at a time to serve your dog.



NO! But if you give me another one of those delicious treats from Tammi, I might think about it.



I'm really diggin' these treats!

... Don't forget about the District 9 Meeting



District 9 Meeting

When: February 18, 2010

**Where: White Bear Lake Senior Center
(Normandy Park Education Center)
2484 East County Road F
White Bear Lake, MN 55110**

**Time: Dinner & Registration 6:30 pm
Meeting Time 7:00 pm to 9:00 pm**

**Dinner will consist of Meat Lasagna, lettuce salad, bread, & pop.
Dessert will be brownies.**

**Cost: \$6.00 for dinner, dessert & meeting
\$2.00 for dessert only & meeting
\$1.00 for meeting only**



"It's all about
dreams.
If I had to attribute
my success in life to
any one thing
it is this.
I believed in my
dreams, even when
no one else did."

~Oprah Winfrey

... Making Fleece Blankets for the Shriners



ON SUNDAY JANUARY 10TH, JANET, JENNIFER, ANNE, VICKI AND TAMMI GOT TOGETHER TO MAKE SIX FLEECE BLANKETS FOR SHRINERS HOSPITAL. THEY MADE THREE BOYS AND THREE GIRLS. IT WAS A WONDERFUL FUN FILLED TIME WITH PLENTY OF CHATTING AND GETTING TO KNOW EACH OTHER WHILE DOING SOMETHING FOR A WONDERFUL CAUSE. THE BLANKETS WILL BE DONATED AT WINTER STATE CONVENTION.



Watch your thoughts,
for they become words.

Choose your words,
for they become actions.

Understand your actions,
for they become habits.

Study your habits,
for they become your
character.

Develop your character,
for it becomes your destiny.

~Unknown

... Time for a laugh

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said, "*Jesus knows you're here.*"

He nearly jumped out of his skin, clicked his flashlight off, and froze.

When he heard nothing more, after a bit, he shook his head and continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "*Jesus is watching you.*"

Freaked out, he shined his light around frantically, looking for the source of the voice.

Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

"*Did you say that?*" he hissed at the parrot.

"*Yep*", the parrot confessed, then squawked.
"*I'm just trying to warn you that he is watching you.*"

The burglar relaxed. "*Warn me, huh? Who in the world are you?*"

"*Moses,*" replied the bird.

"*Moses?*" the burglar laughed.
"*What kind of people would name a bird Moses?*"

"*The kind of people that would name a Rottweiler Jesus.*"



.....Tails are Waggin' at Can Do Canines!

TICKETS IN ADVANCE ONLY: We need your help selling tickets to our second annual Pancake Breakfast. Contact Jessica to receive tickets to sell and/or purchase tickets to attend the breakfast. If you purchase over the phone with a credit card, we will hold your tickets at the 'will call' table at Applebee's under your name. You can also purchase tickets on our secure website: www.can-do-canines.org and hit the "Donate Now" button. Click on "Pancake Breakfast Tickets" and type in the number of tickets you are purchasing. We will mail your tickets up to January 29. After that date, you can pick them up at Applebee's at the "Will Call" Table.

We also need volunteer servers to work from 7:30 a.m. until 10:30 a.m. We will have a training night at Can Do Canines for all servers on Tuesday, February 2nd from 6:00 p.m. - 7:00 p.m. Contact Jessica to volunteer: jnadeau@hsdm.org or 612-729-5986, Ext. 152 www.can-do-canines.org



2ND Annual Bow Wow *Pancake Breakfast* to benefit



Can Do Canines
ASSISTANCE DOGS
Home of Hearing and Service Dogs of Minnesota

Tickets \$6



Saturday, February 6 - 8 AM to 10 AM

Applebee's Restaurant

2800 39th Ave. NW, St. Anthony, MN

Purchase online at can-do-canines.org

or call Jessica at 612.729.5986 x152



"Hi, my name is Grace and I will be your server today."

"Hello Grace, I would like a few pancakes with lots of extra sausage please!"

February Is:

- AMD/Low Vision Awareness Month
- American Heart Month
- Bake for Family Fun Month
- February is Fabulous Florida Strawberry Month
- Library Lovers Month
- Marfan Syndrome Awareness Month
- Marijuana Awareness Month (for medicinal purposes, of course!)
- National Black History Month
- National Bird Feeding Month
- National Cherry Pie Month
- National Children's Dental Health Month
- National Get To Know an Independent Real Estate Broker Month
- National Laugh-Friendly Month
- National Get Organized Month
- National Parent Leadership Month
- National Pet Dental Health Month
- National Senior Independence Month
- National Time Management Month
- National Weddings Month
- Plant the Seeds of Greatness Month
- Relationship Wellness Month
- Return Shopping Carts to the Supermarket Month
- Spiritual Teachers Month
- Spunky Old Broads Month
- Sweet Potato Month
- Wise Health Care Consumer Month
- Youth Leadership Month
- Women's Heart Health Month

..... Ahhhhh February

Valentine's Day is not what it used to be: It's Better



Be My Valentine!

Sweethearts, candy makers and florists love February 14, Valentine's Day. In recent times, couples in love exchanged cards or gifts. The celebration actually originated in 5th Century Rome.

Hundreds of years before the first Valentine's Day, the Romans practiced pagan ceremonies in mid-February commemorating young men's rite of passage to manhood. The celebration honored the god Lupercus. The Christian church wanted to do

away with the pagan festival.

To replace Lupercus, the church looked for a suitable patron saint of love to take his place. They found an appropriate choice in Bishop Valentine. Against the wishes of Emperor Claudius, the bishop had allowed Claudius' soldiers to be married. In AD 270 Valentine was beheaded by Emperor Claudius.

The first true Valentine card was sent in 1415 by Charles, Duke of Orleans, to his wife. Charles was imprisoned in the Tower of London at the time.

Cupid, another symbol of the holiday, became associated with love because he was the son of Venus, the Roman god of love and beauty. Cupid often appears on Valentine cards.

In our time, Valentine cards abound. Kids send them to classmates. Sweethearts send sentimental or funny cards to each other, and just about anyone can send a Valentine that is friendly or humorous to a friend, relative, or co-worker.

*180 million Valentine cards are exchanged annually: Hallmark Research.
(Excludes classroom cards.)*



Top Ways to Celebrate Valentine's Day

- 65%** buy a Valentine's Day card.
- 44%** arrange a special evening.
- 38%** buy sweets for their sweet.
- 32%** bring flowers and blossoms.
- 29%** thoughtfully enclose a gift card.



Source: US Census Bureau



Over 180 million Valentine's are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion.
Over 50 % of all Valentine's Day cards are purchased in the 6 days prior to the observance, making Valentine's Day a procrastinator's delight.

Friday, February 5, 2010

National Wear Red Day



Stand up and speak out against heart disease in women by wearing red on Friday, Feb. 5.

Choose to be a leader. Inspire friends, family and coworkers to wear red and speak up about heart disease — our No. #1 killer — on **National Wear Red Day!**

Age can be deceiving. Many women experience heart-related incidents at age 40 and younger. With that in mind, make it your goal to know your cholesterol and triglyceride numbers as well as you know your 401(K) balance and shoe size. Instead of counting wrinkles (not that you have any!) keep an eye on your calorie count - and eat from each of the six food groups as recommended by the USDA and the American Heart Association.

Above all, remember: Your body and current state of health are as unique as you are. That's why it's so important for women to find realistic heart health goals with the help of their doctors, and to be aware of the lifestyle choices that can decrease the risk of heart disease.

An ounce of prevention? Make that a gallon!

The more thoughtfully you protect your heart, starting as early as your 20s, the less likely you'll face the life-threatening challenges posed by cardiovascular disease. No matter what your age or where you feel you are in your life, the best time to take action and get healthy is always right now.

From jogging with your friends, to swapping healthy recipes, to keeping up with loved ones and learning your family history, your heart health depends on a life-long commitment. As always, the first way for you, as a woman, to Go Red is to take good care of yourself every day. Because when you do, your life can be as beautiful as you are yourself!

We hope the information you'll find at www.goredforwomen.org/ will help you take charge of your health, so you can continue to renew your passionate commitment to fight back against heart disease in all forms.

Take Action



Go Red For Women is a movement passionately dedicated to helping women fight back against heart disease, the No. 1 killer of women in America. By putting our passion together with positive action, we can continue to educate other women about their risks and help them find their own personal path to better health for life.



Newsletter

Please remember to send your articles or announcements to me by the 22nd of each month so they can be included in the next newsletter.

After you attend any kind of event, write down your thoughts on the experience and if possible, send photos. All submissions are welcome and appreciated.

Who Am I?

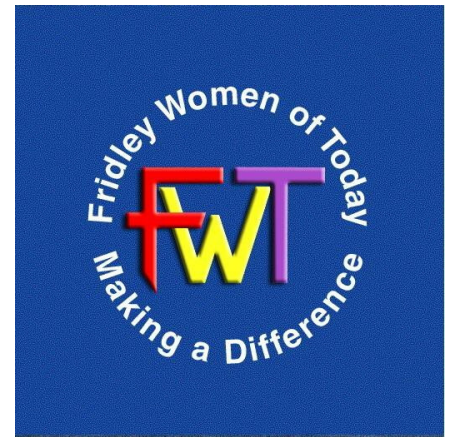
Surprise -- it's
Tammi W

Fridley Women of Today

PO Box 32547
Fridley, MN 55432

The Fridley Women of Today chapter meets at 7pm on the second Thursday of each month at the

Fridley Community Center
6085 7th Street NE
Fridley, Minnesota



For more information you can e-mail us at membership@fwt.org
And you can find us on the web too at www.fridleywt.org

The Fridley Women of Today is part of District 9, Minnesota Women of Today, and United States Women of Today. Our focus is community service, personal growth, and building friendships.

Service

Fridley Women of Today believes very strongly in service to others. We contribute to our communities through fundraising for worthy causes and by providing services and education to community and chapter members. We are a nonprofit, volunteer organization that has many interesting programs and projects for everyone.

Growth

Developing self-confidence and learning how to work more effectively with others is also a priority in the Fridley Women of Today organization. We offer programs designed to help "build a better you" through training and personal enrichment courses and projects.

Friendship

Membership in the Fridley Women of Today offers the opportunity to develop close friendships with others who share similar interests. Socials and other fun-filled events are held to encourage members and their families to get to know each other better. The friendships among our members and their families help strengthen our community.

