



Fridley Women of Today

A community organization dedicated to service, growth and friendship.

July 2017 Newsletter

Letter from the President (s)

Our theme for the year 2017-2018 is "Hands of Friendship." We want to strengthen our chapter by continuing to build our friendships--by having regular socials, trying new things together, making a difference in our community, and finding ways to grow personally. We look forward to "a new dawn, a new day" with State President Shelli. We also welcome any ideas for new ways to have fun together and promote membership.

Co-Presidents
Shirley and Jenise



UPCOMING EVENTS

7/6 Board meeting
7/12 Out and About night
7/13 General meeting
7/15 New Hope Duk Duk Daze
7/15 Committee meetings in Monticello
7/15 Early Bird renewals are due
7/15 Fast Starts due
7/22 President/State Delegate retreat
7/23-7/29 Shine Week
7/31 Program evaluations due
8/3 Board meeting
8/5 Breaking Free BBQ
8/6 MNWT Foundation meeting in Rice
8/6 USWT Friendship Day
8/10 General meeting
8/12 Wilder Block Party
8/13-19 Kid's week
8/18-19 Corcoran Country Daze
8/31 Program Trimester reports due
8/31 SUCCESS due
9/21-24 Fall Convention, Hinckley

Women of Today donated \$25,065.74 for a new van!



Service Growth Fellowship

The mission of Women of Today is to help women improve their own lives and the lives of people in the community. They focus on community service, personal growth and building friendships. Chapters are located all over Minnesota.

www.mnwt.org

Every three years, Women of Today vote on an organization in which to focus their charitable work on. Breaking Free is lucky to be in year two of the three year focus. Women of Today have been providing meals, gift bags, decorations for the past two years' for our Sisters of Survival Graduations for our survivors. They have also greatly contributed to our annual summer BBQ and Christmas party. Last summer, Women of Today built a great playground at our permanent housing facility. With this new van and the number of new programs that we are implementing this summer, the new van will be so valuable. Our former van broke down a couple of months ago and we have not had transportation for mothers who have small children and/or many children. Public transportation is not feasible for these situations.

This new van will allow us to transport women to and from our housing facility, women that are in nearby shelters that are going through Breaking Free programming, provide rides to our women that reside in treatment centers, take clients to external activities and many more wonderful uses.

From the bottom of our hearts, we thank you Women of Today! (Taken from Breaking Free Newsletter).



Saturday, August 12
11:00 am - 4:00 pm
Wilder Center Lawn
451 Lexington Parkway N
Saint Paul



Join us for a celebration of cultures, community and hope! Everyone is welcome to this free, family-friendly event featuring:

Food Trucks
Live Performances
Kids Activities and Games
Fun for All Ages

More details coming soon:
Stay tuned to wilder.org for Block Party updates!



Still looking for volunteers- 11-2 or 1:30-4:30. Please let Tammi know if you can help!



Cauliflower Gratin

1 (3-pound) head cauliflower, cut into large florets
Kosher salt
4 tablespoons (1/2 stick) unsalted butter, divided
3 tablespoons all-purpose flour
2 cups hot milk
1/2 teaspoon freshly ground black pepper
1/4 teaspoon grated nutmeg
3/4 cup freshly grated Gruyere, divided
1/2 cup freshly grated Parmesan
1/2 cup fresh bread crumbs

Preheat the oven to 375 degrees F.

Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4 cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.

PROCLAMATION DAY!



Jenise did a great job with her speech accepting the Fridley Women of Today Proclamation. Kathy RM, Cheryl, Tammi, Dolores and Gidget attended followed by delicious root beer floats.

WOMEN'S HEALTH & WELLNESS-Cheryl

Donna Barrett is the SPM for Women's Wellness.

She is inviting members to join her in **T.E.A.**

T=Take charge of your health and know your health numbers such as cholesterol, blood sugar and blood pressure.

E=Exercise your right to a second opinion and to change your MD.

A= Awareness be aware of body signs.

Donna's goals are:

- A. 5 of the 11 Districts participate in **T.E.A.** time
- B. Raise \$5,000 for the American Liver Foundation in 2018.
Donna was diagnosed with liver disease 5 years ago.
- C. Raise \$1600 for the March of Dimes by 2018 Annual Convention.

Cheryl will have **T.E.A.** time program sign-up sheets available at the July meeting.



CORCORAN COUNTRY DAZE



Hi, we will definitely use you!! We will have food from 5-midnight on Friday and 1030-midnight in Saturday. I am not certain of shift times yet but probably all night on Friday and 1030-2pm, 2-6pm, 6-midnight (this shift will most likely be the biggest need as we are anticipating potentially as many as 3,000 people).

That's just a rough off the top of my head so it may slightly change but that should give you an idea of our needs and how they meet with your people. We may have some help from some local groups but we need at least 2 adults and 4 kids for every shift at that peak time we may need more like 4 and 4.

Thanks again for reaching out and let me know if you have further questions and let me know how it looks for coverage.



8/18 & 8/19

This is our fund raiser each year! We need volunteers-Friends/relatives.....Please let Tammi know what shifts you can work.

Ta~Da!

Thanks to everyone for finding opportunities for FWOT and getting our name out in the community-Dolores

Thank you Gidget for hosting a BBQ at your house! Tammi & Dolores

Thanks Tammi, Gidget & Kari for helping me at the Tour de Cure event-Dolores

Thank you Jenise for coming to Fridley 49er Days with me-Dolores

Birthday Wishes!

Deb-May 4th

Kathy RM-June 22nd

Emily-July 15th

Thanks to all the ladies who showed up at the meeting so we could have a quorum-Dolores

Thanks Gidget for planning the Root Beer Floats-Tammi & Dolores

Thanks Jenise for updating the Proclamation!-Dolores

Congratulations to all the ladies who won awards at State Convention-Dolores

Thanks Tammi for getting minutes out so quickly and putting the Newsletter together-Dolores