

Making a difference with

Fridley Women of Today

A community based organization dedicated to service, growth and friendship



Your 2020-2021 FWT Board:

President: Amy
Secretary: Aida
Treasurer: Stephanie
Past President / Parliamentarian: Jenise
State Delegate: Open
Membership VP: Jenise
Programming VP: Open



WORDS FROM PRESIDENT AMY

Hi Everyone:

Remember actually calling someone?

Years ago we had a saying "just pick up the phone". Before emails, texts, social media and instant messaging that is what we did. Like cursive and sending cards and letters actually talking to people is becoming a lost art. But in this COVID world where we can't get together often it can be the next best thing to face to face. How many times have you heard someone who just lost a loved one say "if I could just hear their voice one more time."

Recently I had a needed clarity on a work project and was really nervous to ask the project manager who is much higher above me for clarity on my part of the project and my boss told me to call her with my concerns but instead I sent a polite email. By calling her I could have resolved my concerns in two minutes vs. an email that I sent which made my concerns "stronger" than they really were." You can't hear someone's tone, concern, positivity and vulnerability in an email or text.

Plus, the sound of your voice might brighten someone's day when they need it the most.

I wish you all health and happiness.

Amy DeNoyer-Hickey
Fridley Women of Today President

Below is a great article on how to feel connected during these hard times.

I once heard a story about a man who diligently, without fail, meditated every day for one hour. But, life started to "happen"—as it does—and he became a lot busier than normal.

So, he started meditating 2 hours a day.

Your time is yours. Your money, energy, resources, love, compassion, and time are yours for how you choose to use them. We've curated some thoughtful, caring articles and interviews to help you reflect on what you want to take from this year and move forward with. And feel free to leave the rest.

[How to Know You're Going the Right Way](#)

Have you ever wished there was some way to know for sure that you're headed in the right direction? Living a full, content life seems tricky to find. If only there were warning signs on your path to let you know, 'you're going the wrong way!' that could help guide you to where you're supposed to be. Turns out, if you know where to look, the initial signs for personal growth aren't too hard to find.

[Conscious Choice is a Practice: 3 Steps for Reflection and Transformation](#)

Why do things feel so much harder these days? Healthy habits, wellness routines, and mindful moments all seem a lot more difficult to cultivate and sustain. And this makes complete sense based on the high levels of uncertainty we may experience on a daily basis. The energy we're spending on *surviving* these days keeps us from truly *thriving*.

[How Giving Helps Me Take Care of My Well-Being](#)

Most people know that volunteering is the "right" thing to do. But many people don't really understand the impact that giving back could have on their health and well-being—until they see the benefits firsthand. According to research, volunteering strengthens participants' social networks and community.

[Let's Talk Money \[Video\]](#)

The belief systems that you have in your life, built upon the experiences you've had, ultimately lead to how you live with money. How can you create a more abundant mindset about money? (*Or, just feel comfortable enough to talk about it in the first place?*) Christine Walsh, a money mindset strategist and speaker, uses her 25+ years of experience in finance and accounting to help women business owners master their inner money game so they can step into their full financial power and potential.

2020 has been a year of unexpected challenges, tragedies, and, ultimately, resiliency.

As we move towards a new year, this holiday season might feel a little different. Many of us have experienced a range of emotions from anxiety, hope, rage, grief, and joy. All of these emotions are creating our whole human experience, and while we continue to move forward, we want to hold space for each and every one of these valid emotions and experiences. You matter and your feelings are important!

And you've come this far. You are resilient.
Energetically,
Jenny Wiley

Real Life Experience with Port Pillows—By Deb

Some of you know that my 93 year old Dad lives on his own in Gordon, Wisconsin. He lived with me for one winter after Mom died, and it was difficult for me in some ways, and Dad also missed seeing the deer playing in his yard, and his friends. So, he went back home to live on his own. It would not have been possible but for the friendship of a neighbor, Ray.

Ray is a 60's guy with a beard who has had some health difficulties as a result of Agent Orange. Ray told Dad that whereas many people in this small town snubbed him, he remembers that Mom saw Ray and his wife sitting alone at an event, and she made a point of sitting with them and making them feel welcome. When Mom died, Ray stepped up. It is unbelievable how much Ray has done for him. He is not only a great friend to him, but he helps him with snow removal and all kinds of things you need to do in order to live in your home, especially when you are old.

Well now Ray has cancer. I don't really know the extent of the cancer. I can't seem to get the details, but it seems serious. I do know that he had to have a port in his chest. And so I contacted Kathy E-M, and asked her if she could make him a port pillow. And of course she did! I went to pick it up, and she suggested that maybe I take two of them, in case he had two cars. I sent them to him, and he was thrilled! And the first thing he said (aside from, how did you think this up, which I had to explain. No, I didn't make this on my own) was that he was happy I sent him two of them so he could put one in each vehicle. Anyway, there are some feel good stories in this situation, which we really need these days.

HEGGIE'S FUNDRAISER---PLEASE LOOK FOR AN EMAIL ANNOUNCEMENT JAN – FEB FOR THIS EASY FUNDRAISING EVENT.

This is an easy way to raise money for our chapter. Plus.....who doesn't like a Heggie's Pizza? During this time we have limited options available but we can set our prices to whatever we want.....Please see the list below.

	Large 12"		Pizza Mark Up	
Description	Heggies Price	Your Selling Price		Difference
Double Cheese	\$5.20	\$10.00		\$4.80
Sausage	\$5.35	\$10.00		\$4.65
Pepperoni	\$5.35	\$10.00		\$4.65
Sausage & Pepperoni	\$6.25	\$11.00		\$4.75
Six Pack	\$7.20	\$12.00		\$4.80
Chicken Alfredo	\$7.20	\$12.00		\$4.80

Tribute to Ruth Bader Ginsburg



1. "Real change, enduring change, happens one step at a time."
2. "So often in life, things that you regard as an impediment turn out to be great, good fortune."
3. "Reacting in anger or annoyance will not advance one's ability to persuade."
4. "When a thoughtless or unkind word is spoken, best tune out."
5. "Fight for the things that you care about, but do it in a way that will lead others to join you."
6. "You can't have it all, all at once."
7. "I'm a very strong believer in listening and learning from others."
8. "In the course of a marriage, one accommodates the other."
9. "In every good marriage, it helps sometimes to be a little deaf."
10. "A gender line ... helps to keep women not on a pedestal, but in a cage."
11. "If you want to be a true professional, do something outside yourself."
12. "Reading is the key that opens doors to many good things in life. Reading shaped my dreams, and more reading helped me make my dreams come true."
13. "Don't be distracted by emotions like anger, envy, resentment. These just zap energy and waste time."
14. "You can disagree without being disagreeable."
15. "If you have a caring life partner, you help the other person when that person needs it. I had a life partner who thought my work was as important as his, and I think that made all the difference for me."
16. "Women belong in all places where decisions are being made. It shouldn't be that women are the exception."
17. "I would like to be remembered as someone who used whatever talent she had to do her work to the very best of her ability."

THANK YOU TO OUR AWESOME CHAPTER!!!

During the last few months we have donated goodie bags to local police officers, cleaned a park and collected food donations to SACA for Make a Difference Day. Thank you to everyone who helped to make these events a success!



Easy Chicken and Dumplings---Submitted by Aida

"I've had this recipe in my Pinterest list forever and finally gave it a try. I definitely recommend! The author includes a recipe for homemade Jiffy mix to sub the box variety later in the post."

Ingredients:

For the Chicken:

- 2 cups chicken broth
- 6 ounces boneless chicken
- 1 stalk celery
- ½ onion
- 1 cup carrots
- 1 can cream of chicken soup
- ½ tsp ground sage
- Salt and pepper to taste

For the Dumplings:

- [3/4 cup Jiffy baking mix](#)
- 1/4 cup milk

Directions:

- Dice the chicken, celery, onion and carrots
- In a medium sized pot boil the chicken broth, chicken, celery, onions, and carrots for 15 minutes.
- Stir in the cream of chicken soup, sage, salt and pepper and then bring back to a boil
- In a medium bowl mix together the Jiffy baking mix (see notes below) and milk forming a sticky batter. Divide the batter into four equal portions and drop spoonfuls into the hot mixture
- Cook uncovered for 10 minutes over low heat
- Cover and cook 10 more minutes

Notes

You can make homemade baking mix to replace the Jiffy mix in this recipe. In a medium bowl, add 3/4 cup flour, 1/3 teaspoon salt, 1/2 tablespoon baking powder, 1/8 cup shortening. Cut in shortening with pastry blender until combined and no large pieces of shortening remain.

Nutrition Information:

Yield: 2

Serving Size: 1

Amount Per Serving: Calories: 371 Total Fat: 16g Saturated Fat: 5g Trans Fat: 0g Unsaturated Fat: 9g Cholesterol: 95mg Sodium: 2294mg Carbohydrates: 23g Fiber: 3g Sugar: 6g Protein: 32g



**Easy Chicken
and Dumplings
For Two**

Swiss Potato Soup---Submitted by Dee

Prep/Total Time: 30 min.

Makes

4 servings (1 quart)

Ingredients:

- 5 bacon strips, diced
- 1 medium onion, chopped
- 2 cups water
- 4 medium potatoes, peeled and cubed
- 1 ½ teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup all purpose flour
- 2 cups 2% milk
- 1 cup shredded Swiss cheese

Directions:

1. In a large saucepan, cook bacon until crisp; remove to paper towels with a slotted spoon. Drain, reserving 1 tablespoon drippings.
2. Sauté onion in drippings until tender. Add water, potatoes, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, until potatoes are tender, about 12 minutes.
3. Combine flour and milk until smooth; gradually stir into potato mixture. Bring to a boil; cook and stir until thickened and bubbly, about 2 minutes. Remove from the heat; stir in cheese until melted. Sprinkle with bacon.

Nutrition Facts

1 cup: 455 calories, 17g fat (9g saturated fat), 46mg cholesterol, 1218mg sodium, 57g carbohydrate (12g sugars, 4g fiber), 21g protein.



CONGRATULATIONS!!!!

We would like to extend a HUGE congratulations to Jenise on a much deserved Key Woman award!! You are amazing at everything you put your mind too.





Christmas Movie Emoji Pictionary Quiz



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www.MyPartyGames.com

ACKNOWLEDGEMENTS

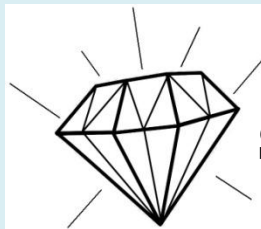


HAPPY BIRTHDAY

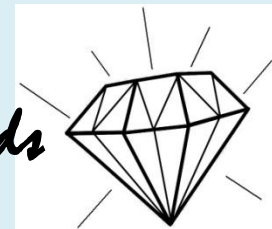
DOLORES—NOVEMBER 26TH
AIDA—DECEMBER 8TH
AMY—DECEMBER 17TH

HAPPY ANNIVERSARY

AMY—11/9/17 (3 YEARS)
DEE—12/30/19 (1 YEAR)
KAREN—1/9/20 (1 YEAR)
KATHY EM—1/25/06 (15 YEARS)
MELINDA—12/1/18 (2 YEARS)
NATALIA—11/8/18 (2 YEARS)
SARAH—Past State President—1/1/98 (23 YEARS)



Shine on You Amazing *Diamonds*



*Thank you to Kathy EM for the extra
goodies and Dee for making the tags for the
police bags.*

-Shirley & Chapter members

*Thank you to all chapter members
who helped with the Wishes and
More mailing.....you all Rock!!! ☺*

-Shirley

















*Thank you all for staying positive and
making connections with your chapter
members during this difficult time.*

-Shirley

*Thank you to all chapter members who made “make a
difference week” successful. While our annual food
drive for SACA was different than years past your
dedication and commitment is to be commended!*

Fridley Women of Today Calendar (Dates & places subject to change)

November	
5	Board Meeting 6:30pm via ZOOM
12	General Meeting 6:30 via Zoom
26	Thanksgiving
December	
3	Board Meeting—(will not have this month)
10	FWT General Meeting---(will not have this month)
18	Virtual holiday party
24	Christmas Eve
25	Christmas Day
31	New Year's Eve
January	
1	New Year's Day
1	MNWT mid-year budget review
6	District 7 meeting
7	FWT board meeting
9	Finance Committee meeting
12	FWT Book Club—Atomic Habits
14	FWT General Membership Meeting
16	MNWT Foundation Meeting
18	Martin Luther King Day
26	FWT Book Club—Atomic Habits
1/29-1/30	MNWT Winter State “virtual” Convention

November						
Sun	Mo n	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 	6	7
8	9	10	11	12 	13	14
15	16	17	18	19	20	21
22	23	24	25	26 	27	28
29	30					
December						
Sun	Mo n	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
13	14	15	16	17	18 	19
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27	28	29	30	31 		
January						
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10	11	12 	13	14 	15	16
17	18 	19	20	21	22	23
24	25 	26 	27	28	29	30
31						

Christmas Movie Emoji Pictionary Answer Key

- | | | |
|----|---|---------------------------------------|
| 1 |  | <i>Home Alone</i> |
| 2 |  | <i>Miracle On 34th Street</i> |
| 3 |  | <i>Home Alone 2: Lost in New York</i> |
| 4 |  | <i>A Christmas Story</i> |
| 5 |  | <i>Planes, Trains and Automobiles</i> |
| 6 |  | <i>Office Christmas Party</i> |
| 7 |  | <i>The Family Stone</i> |
| 8 |  | <i>While You Were Sleeping</i> |
| 9 |  | <i>The Polar Express</i> |
| 10 |  | <i>Frosty the Snowman</i> |
| 11 |  | <i>Jingle all the Way</i> |
| 12 |  | <i>Frozen</i> |
| 13 |  | <i>Elf</i> |
| 14 |  | <i>Santa Claus: The Movie</i> |
| 15 |  | <i>A Christmas Carol</i> |
| 16 |  | <i>Four Christmases</i> |

Fridley Women of Today

PO Box 32547
Fridley MN 55432

The Fridley Women of Today chapter meets at
6:30pm on the
2nd Thursday of each month at:

The Fridley Community Center
6085 7th Street NE
Fridley MN

For more information please
visit our website at

www.fridleywt.com

or you can e-mail us at

fridleywt@mnwt.org



Check us out on Facebook

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

Service

Fridley Women of Today promotes service to others and is involved with community projects and local programs. We host food drives, participate in the adopt a highway program, gather school supplies for local kids and provide various services to local shelters, nursing homes, hospitals, homeless organizations, food shelf, animal shelters etc. We are always on the lookout for new service opportunities to get involved with!

Growth

Developing self-confidence, new skills and learning how to work more effectively with others is 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 Fridley Women of Today offers the opportunity to develop new friendships with others who share similar interests. Socials and other fun-filled events are held on a regular basis to encourage members to get to know each other better. We believe friendships among our members help strengthen our community.



Minnesota Women of Today Creed

We, the Women of Today are service, growth and fellowship.
We believe that through us great lessons can be learned,
worthy deeds performed, and a hand of fellowship
extended to millions of women everywhere.

May we leave the world a better place
because we lived and served within it.