



# Fridley Women of Today

A community organization dedicated to service, growth and friendship.

## April 2016 Newsletter

### Letter from the President



Fridley Women of Today,

Happy Spring everybody! Isn't this a wonderful time of year—when new flowers are blooming, the grass is starting to turn green, the dirty piles of snow are disappearing, and the birds are chirping in the morning.

Can you believe it has been a year already since I took on the challenge of chapter President? It has a joyful time and a growing time—lots of great memories laughing and working together. I want to thank all of you for being so supportive and encouraging with your “Ta Da’s.” I have surprised myself with doing things I did not believe I was capable of (especially 10 years ago!)—like being a leader, like organizing meetings and schedules, like standing up in front of people.

My favorite part of being involved with Women of Today is getting to know new people, establishing friendships, getting to know all of you better, getting to meet women doing the same thing in different parts of the state and country.

I am looking forward to another fantastic year with a change in leadership in our chapter and generating excitement in our district with accepting the director position.

Jenise Teske  
Chapter President  
Fridley Women of Today

*Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them. -- The Dalai Lama*

### CALENDAR

#### April

- 7 Board Meeting
- 8 Area Meeting
- 9 TSE Fashion Show
- 10-16 Volunteer Week
- 14 Chapter Meeting
- 19 Frost Cupcakes for Key Club @ Banfill, 6 pm
- 21 YE Party Silly Supper @ Banfil, 6 pm
- 23 Highway Clean Up
- 25 LPM Reports Due
- 30 LOTS

#### May

- 1 USWT Certs Due
- 5 Board Meeting
- 12 Chapter Meeting
- 20-22 Annual Convention



## Ways and Means



### MNWT State Fundraiser – Fun Pasta

Two ways to order:

1) Order online: (Please use Chrome or Firefox as your internet browser for best results.)

Log on to Fun Pasta;

<https://funpastafundraising.com/shop/minnesota-women-of-today-1>

Click on Shop Now and have fun!

*Item(s) ordered online will be shipped directly to you. Don't forget to tell your friends, family, co-workers that they can order online too.*

2) Send orders to Jill via email to compile a combined chapter order. (Note: if you prefer to pick up your order at Annual Convention, please note that in your email so I can submit the order to Sharon Erickson.) Orders and money are due to Jill by April 22, 2016.

**REMEMBER: Your chapter will receive 20% profit for each order received. Your chapter can also receive SUCCESS points for \$75 in orders this trimester**

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### Cupcake Making

We will be making cupcakes for Fridley Key Club members on Tues. April 19 at Banfil Locke Center at 6:30 pm. Kathy and Gidget will make the cupcakes. We will need to frost and decorate them. This is a fun event and a sends a big thanks for all the help they give us throughout the year. Join us if you can. There will be a sign-up sheet at the meeting. Contact me if you have questions.

Thanks,  
Dolores

## Women's Wellness

Submitted by Tammi W

### The Benefits of Positive Thinking

You have probably had someone tell you to "look on the bright side" or to "see the cup as half full." Chances are good that the people who make these comments are positive thinkers. Researchers are finding more and more evidence pointing to the many benefits of optimism and positive thinking. Such findings suggest that not only are positive thinkers healthier and less stressed, they also have greater overall well-being. According to positive psychology researcher Suzanne Segerstrom, "Setbacks are inherent to almost every worthwhile human activity, and a number of studies show that optimists are in general both psychologically and physiologically healthier."

Even if positive thinking does not come naturally to you, there are plenty of great reasons to start cultivating affirmative thoughts and minimizing negative self-talk.

- Positive Thinkers Cope Better With Stress
- Optimism Can Improve Your Immunity
- Positive Thinking Is Good for Your Health
- It Can Make You More Resilient

#### Final Thoughts

Before you put on those rose-colored glasses, it is important to note that positive thinking is not about taking a "Pollyanna" approach to life. In fact, researchers have found that in some instances, optimism might not serve you well. For example, people who are excessively optimistic might overestimate their own abilities and take on more than they can handle, ultimately leading to more stress and anxiety. Instead of ignoring reality in favor of the silver lining, psychologists suggest that positive thinking centers on such things as a belief in your abilities, a positive approach to challenges, and trying to make the most of bad situations. Bad things will happen. Sometimes you will be disappointed or hurt by the actions of others. This does not mean that the world is out to get you or that all people will let you down. Instead, positive thinkers will look at the situation realistically, search for ways that they can improve the situation, and try to learn from their experiences.



## AMAZING WOMEN!



**WANGARI MAATHAI**  
Nobel Peace Prize Winner  
Founder, Green Belt Movement

Meet Kenyan environmental activist Wangari Maathai -- the first African woman to receive the Nobel Peace Prize -- was born in 1940. Maathai was the founder of The Green Belt Movement, an environmental and women's empowerment organization that trains women in rural Kenya to plant trees in order to combat deforestation. Since its founding, her organization has planted over 51 million trees and trained over 30,000 women in trades that help them rise out of poverty.

In speaking about her early struggle to establish her organization in the mid-70s, Maathai once said: "I kept stumbling and falling and stumbling and falling as I searched for the good. 'Why?' I asked myself. Now I believe that I was on the right path all along, particularly with the Green Belt Movement, but then others told me that I shouldn't have a career, that I shouldn't raise my voice, that women are supposed to have a master. That I needed to be someone else. Finally I was able to see that if I had a contribution I wanted to make, I must do it, despite what others said. That I was okay the way I was. That it was all right to be strong."

In 2004, Wangari Maathai received the Nobel Peace Prize for "her contribution to sustainable development, democracy and peace." Though she passed away in 2011, her legacy lives on today through her organization's efforts to empower women and preserve the Kenyan environment.

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**8-YEAR-OLD GIRL BATTLING CANCER SPENDS HER MAKE-A-WISH DAY PICKING UP LITTER**  
"I wish to take care of the world"  
By Sarah Larimer, The Washington Post

When 8-year-old Amelia Meyer, who is battling an aggressive brain cancer, was granted a wish by the Make-A-Wish Foundation, the Kansas City Mighty Girl had an unconventional request -- Amelia told the organization, "I wish to take care of the world." To make her wish come true, hundreds of people turned up for clean-up days organized by Make-A-Wish Missouri at four area parks. And, not only did her wish brighten the local area, but it also inspired a hashtag, #AmeliasWish, that people around the world used to share stories about clean-up efforts in their local communities. Amelia's thoughtful wish so inspired her own community that Kansas City Mayor Sly James even officially named the day "Amelia Meyer's Take Care of the World Day."

Amelia and her grandmother often go on walks in local parks and pick up litter so Amelia's wish wasn't surprising to her parents "given her love for the outdoors, parks and the Earth." The young nature lover was especially excited about the opportunity to get so many people involved in trash pick-up because, she says, "It doesn't look nice and another reason is because it can stay dirty and it can get animals sick." Her parents say that Amelia was thrilled by the huge effort, "There was a moment when we had just left the second location and were heading to the third, and she was looking out the car window -- so happy, so content," her mother Jill Meyer recalls. "This was the best day ever for her."



## Fridley's Furry Friends!

### Introducing Dolores's Furry Grandbabies!

Quinny, 2 ½ years old



Lily, 7 years old



Rambo, 7 years old



Animals are reliable,  
many full of love, true in  
their affections,  
predictable in their  
actions, grateful and  
loyal. Difficult standards  
for people to live up to.



## Adopt a Highway

Adopt-A-Highway is scheduled for April 23. We will meet at the park on 85<sup>th</sup> and East River Road. We clean up on East River Road between Osborne and 85<sup>th</sup> Ave. It takes about 2 hours. We will start at 9 am. Please let Dolores know if interested. It's a fun event. We are hoping for good weather and a good turn out to clean up our part of the road. Sign-up sheet will be passed around at the April meetings. Thanks in advance for participating.

## Top Chef with Dolores!



See the recipes  
attached!





# Ta~Da!

Thanks for all who took board positions. Looking forward to a great year.  
– Jenise

Thanks to all who volunteered to bring games and treats to our membership event. – Dolores

Thank you to the new board members-I'm looking forward to working with you in the upcoming year. –Tammi

Thanks to all this year's board members for your support and ideas. – Jenise

Thank you Dolores for having us over and showing us how to cook Mexican. It was delicious!! – Tammi

Congrats to all the new board members. Looking forward to a great year! – Emily

Jill-Thank you for everything you have brought to the Fridley Women of Today. You have truly left our chapter a better, stronger chapter. Our new Webpage you designed will live on for many, many years !!! – Tammi

I'd like to give big congratulations to Jenise for the district director position! Way to go, Jenise! – Emily

Thanks to all who came to the Out and About Night at Applebee's. – Dolores

Jenise - Thank you for the awesome job you did as our chapter president. You will ROCK the DD position! Good luck!! – Sarah

Thank you Dolores for the yummy food at the Cinco de Mayo celebration. Taco's are ruined for me! ☺ – Sarah

Thanks to all who volunteered to bring something for Taco Night. It was an amazing time. – Dolores

Thanks Dolores for being host for early Cinco de Mayo day so we could enjoy tasty food and great company. – Jenise

Thank you to our outgoing board of directors!!! It was another successful and fun year. –Tammi

Congratulations to Jenise who is the new District Direct for District 7 next year. – Dolores

Sarah-Thank you for your newsletter-I look forward to reading it each month. – Tammi

Thanks to all who volunteered to take a position on the FWT board next year. – Dolores

Thanks to all who make FWT a success. – Dolores

## **Recipes**

### **Rice/Sopa**

¼ c. vegetable oil  
1 c. uncooked rice  
2 c. chicken stock or water  
Tomatoes or ½ 16 oz. can of diced tomatoes  
1 small onion  
1 clove garlic  
Garlic salt  
Salt

#### **Directions**

Put oil in pan and add rice  
Need to sauté the rice in the oil until rice turns white on the verge of brown  
In a blender add tomatoes, onion, garlic and enough liquid to 4 cups.  
Blend until pureed.  
Add liquid to the rice. Be careful when adding liquid  
Sprinkle with garlic salt  
Bring to a boil, turn burner to low and cover for 25 minutes. Do not lift cover.  
After 25 min rice is done and should be fluffy. If too wet, leave on until desired likeness.  
Season to taste

### **Sour Cream Chicken Enchiladas**

1 Pint Sour Cream  
1 can (10 ¾ oz) Cream of Chicken soup  
1 or more chopped green chilies or one 4 ounce can of diced chilies  
10-12 ounces grated cheddar cheese or cheese mixture  
2 chicken breasts boiled and pulled apart  
1 cup chopped green onions  
1 dozen tortillas

Mix soup, sour cream, chilies and chicken. Heat slightly  
Fill the tortillas with chicken mixture and roll up and place side by side in the dish  
Top with remaining mixture. Then top with cheese and onion.

Bake @ 350 degrees for 30 minutes or cover w/plastic and microwave until hot.



### **Refried beans**

1 pkg of dried pinto beans

Water

Slow cooker

Garlic salt or Salt

#### **Directions**

Rinse pinto beans and look through them for any little pebbles

Place pinto beans in a slow cooker add enough water to cover 1 inch above the beans

Slow cooker should be on low. Cook beans for about 8 hours or do overnight.

Add water if necessary to cover beans again.

Beans are done when pressed with fingers and can be easily mashed.

Take a masher and mash to desired likeness.

Season with garlic salt or salt to taste

### **Enchiladas**

¼ c. vegetable oil

¼ c. chili powder

3 c. water

1 pkg tortillas

1 lb. meat of choice

8oz bag of cheddar cheese

Flour or corn starch

Salt

#### **Directions**

Cook meat of choice (See cooking instructions for meat)

In a frying pan, place vegetable oil, chili powder and water

Mix meat and cheese to desired liking

Dip tortilla in the frying pan mixture

Add meat and cheese mixture in center of tortilla and roll up and place in a baking dish

Repeat until pan is full.

Take flour or corn starch add water to make a thickening agent. Add to the frying pan mixture and thicken to gravy like state

Pour over the top of the enchiladas in the pan

Sprinkle with cheese

Cover with foil and place in 350 oven for 25 minutes.

Let set about 10 min. and cut or divide by tortilla

Season to taste

## **Tacos**

1 lb of meat of choice. (See directions on how to cook meat below)

Tortillas

Fillings:

Lettuce

Tomatoes

Cheese

Black olives (chopped or sliced)

Cilantro

Onions

Sour cream

Salsa

### **Directions**

I boil the meat in water, either chicken or hamburger. You don't have to get a lean meat as you boil the fat off.

Rinse the meat once done. Hamburger should be grey in color. Discard the hamburger water

Chicken cook like you were making chicken soup. You may save the chicken stock for other things.

Shred the chicken

Place desired meat into the flour tortilla, fold ends together and toothpick shut.

Make as many as you desire

Take frying and put enough oil in the pan to cover bottom and heat oil.

Place one side of taco down in the pan and fry each side until golden brown

Make sure to take toothpicks out and fill the taco with desired fillings.



The **Fridley Women of Today** meets at 6:30 pm on the 2<sup>nd</sup> Monday of each month at:

The Fridley Community Center  
6085 7<sup>th</sup> Street NE  
Fridley, MN

For more information please visit our website at  
[www.fridleywt.org](http://www.fridleywt.org)  
or visit the state organization's website at  
[www.mnwt.org](http://www.mnwt.org)



You may also email us at  
[fridleywt@gmail.com](mailto:fridleywt@gmail.com)

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.

### Service

Developing self-confidence 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.

### Growth

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

### 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.

## 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.

