Fridley Women of Today

April 2018 Newsletter

A community organization dedicated to service, growth and friendship

Kathy E-M, FWT Newsletter Editor

MESSAGE FROM THE PRESIDENT……

Hi Fridley Women of Today,

It has been an honor to be one of your chapter Presidents this year.
And we have had a lot of fun together—

- A wine and cheese tasting party at Gidget's house
- Block Party with Wilder Foundation
- Selling concessions at Corcoran Daze
- A BBQ at Gidget's house
- Drive for school supplies for Hayes and Stevens schools
- The trip to St. James to see the re-enactment of the Jesse James' bank robbery and a rodeo
- The trip to the Biggest Candy Store followed by lunch at Emma Krumbee's
- Collecting food and household supplies for SACA
- Hosting a District 7 social at Route 47 Pub & Grub in October
- Making sandwiches for Allan Law's 363 Sandwiches (and thanks to Kathy E-M also donating multiple dozens of cookies, too)
- Out and About Night at Short Stop in November
- Collecting toys for Alexandra House at our holiday party
- Attending a District 7 social at Broadway Pizza in Robbinsdale in January
- Attending a District 7 social at Flaherty's in Shoreview in February
- Electing a new chapter board for 2018-2019
- Out and About Night at Applebee's in March
- Hosting the Spring District 7 meeting in March

And I am sure there are even more great things to come!

Make sure to put Thursday, April 12, on your calendar—an E-vite with more details is pending from your other President, Shirley. We will be having a potluck supper and installation of new officers after an abbreviated meeting to take care of some important business (distribution of funds to community organizations).

Regards,
Jenise

The best teachers are those who show you where to look but don't tell you what to see

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FRIDLEY WOMEN OF TODAY CALENDAR

April	
5	Board Meeting 6:00pm at Broadway Pizza
6	Area 3 Meeting in Golden Valley
12	FWT General Meeting 6:30 at Fridley Community Center
12	End of Year Party Installation2018-19 Board members
25	Newsletter articles for April are due
28	TSE Style Show Midland Gold Course, Roseville
30	SUCCESS due 4/30
May	
3	Board Meeting 6:00pm at Broadway Pizza
5	LOTS Rice MN
10	FWT General Meeting 6:30 at Fridley Community Center
18-20	MNWT Annual Convention Arrowwood Resort in Alexandria
25	Newsletter articles for May are due

April 2018

Sun	Mon	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					

May 2018

Sun	Mon	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	31		

Happy Birthday to:

Doreen April 22nd

Happy FWT Anniversary to:

Kathy RM April 1st

Most people are stronger than they know; they just forget to believe it sometimes

Ta Da a place for you to say thanks, congratulations or give a shout out to someone for a job well done

Thank you to Gidget for shopping and prepping for our District 7 meeting.
--Jenise

Much appreciation to our out-going board that served us so well last year. Many thanks to you all
--Kathy EM

Thank you to everybody for all your great ideas for socials and projects we can try this next year
--Jenise

Thank you to everyone who attended for the District 7 meeting--I hope you had fun!
--Jenise

Here is hoping for an awesome and exciting 2018-1019 WT Year
--Kathy EM

Welcome to the 2018-19 FWT Board--Kathy EM

Thank you to everyone who helped set up for the District 7 meeting
--Jenise

Thank you to the board members from 2017-2019 for an awesome job.
--Jenise

FWT BOARD MEMBERS 2018-19

These are the nominations 2018-19.
Status will become official after Installation of Officers April 12th.

F WT Board Members

- President – Amy D-H
- Treasured – Crysta H
- Secretary – Kathy R-M / Deb R
- Membership VP – Jenise T
- State Delegate – OPEN

Local Program Managers

- Women's Wellness – Cheryl C
- Public Relations – Bernie M
- Ways and Means – Bernie M
- NEWSLET – Kathy EM
- Records and Recognition – Shirley H
- Youth of Today – Gidget W
- Community Connections – Gidget W
- Living and Learning – Sarah G
- Priority Area -- OPEN

STANDING VS SITTING

If you are concerned about heart disease and weight gain, one simple move can make a big difference: stand up! Even if you get regular exercise, prolonged sitting can increase your risk of cardiovascular disease and obesity. When you are inactive for long periods of time, your body's metabolism slows down; this can lead to weight gain, which raises the risk of many diseases including type 2 diabetes and many cardiovascular conditions.

Some simple ways to stand more often include:

1. Getting up every hour and filling your glass with water – drink it while standing up.
2. If you are in a long meeting at work, stand in the corner for a period of time. Better yet, especially when the weather is cooperative, schedule "walking meetings."
3. When you are on the phone or writing emails, try standing instead sitting – you can do this at home by writing emails at your kitchen counter.
4. At work, look into a stand-up desk. These raise and lower, some via a built-in motor, offering the flexibility to stand or sit.

BECOMING OUR OWN ROLE MODELS

BY MADISYN TAYLOR

There was a time where women stood together in a bond of sisterhood, women supporting women.

As women embrace the fullness of who they are as individuals, they may find themselves supporting other women, helping others to reach the level of inner comfort and outer freedom that they themselves have found. Among those who are less sure of themselves and their place in the world, it may be more common to criticize other women than to seek their help. But there are things that a woman can only learn from another woman, as there are things about being a man that can only be learned from other men. We all recognize that we have much to learn from each other regardless of gender, but sometimes we could use a supportive role model that gives us a more precise example of what and who we can become

There was a time where women stood together in a bond of sisterhood, women supporting women. It is only natural that the pendulum swings out of balance for a while so that we may have the experience of what we do not want. It is up to women to bring the pendulum back into balance and bring back the sacred sisterhood we yearn for at our core

If we envision a world where women support each other and help each other find their place in an ever-changing world, then we can become the change we want to see. Jealousy, envy, criticism, and judgment are refuges for the insecure. As we help others to become self-assured, we create a world in which all people help each other, regardless of gender. Only women can make the change in how women are seen and understood, not just by other women but by the world at large. The way we speak about each other to other women and to the men in our lives informs everyone to treat us with the respect that all women, and all people, deserve

NATIONAL VOLUNTEER WEEK APRIL 15-21

I received an email from Shannon at Habitat for Humanity asking for our help in baking some cookies for them. During National Volunteer Week, as well as throughout the year, they deliver homemade cookies to their volunteers who are working on building or remodeling homes for low income families. Here is part of her email:

Hi Kathy,

National Volunteer Week is April 15-21 and as you may know, this calls for mass amounts of cookies! Each year, Twin Cities Habitat for Humanity treats our dedicated Office Volunteers with cookies and brings cookies out to construction volunteers on each of our active sites every single day during National Volunteer Week. That means ***we need over 800 cookies!***

This is a really great way to show our appreciation for our volunteers and to thank them for all of their hard work. ***But we need you to make this tradition possible!***

Something to think about and maybe discuss at our next meeting!

CERTIFICATIONS REMINDER

Certifications are due May 1st

WHAT'S COOKING IN FRIDLEY?

Mountain Dew Cupcakes

submitted by Jenise

- 1 cup butter (2 sticks), softened not melted
- 2 cups sugar
- 4 large eggs
- 3/4 cup Mountain Dew
- 1/4 cup of lemon and lime juice (juice from 1 lemon and 1 lime)
- zest from 1 lemon and 2 limes (separate into 2 piles, one for buttercream)
- 1 1/2 teaspoons lemon extract
- 2-3/4 cups all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 bottle neon green food coloring (yellow and blue if you don't have green)

1. Beat butter on medium for 30 seconds.
2. Add sugar and lemon, lime zest. Beat on medium-high until light and fluffy.
3. Add eggs one at a time, Scrape sides of bowl in between additions
4. Whisk together flour, baking powder, and salt in a bowl. Add to mixer bowl. Turn on low for 5 seconds.
5. Add the Mountain Dew, lemon/lime juice, and lemon extract. Mix to combine.
6. Scoop into cupcake papers about two-thirds full.
7. Bake for 18-20 minutes until a cake tester comes out clean.

Mountain Dew Buttercream

submitted by Jenise

- 1 cup butter (2 sticks), softened not melted
- 4-5 cups powdered sugar
- 2 tablespoons Mountain Dew
- Juices from half of 1 lemon and half of 1 lime.
- Zest from half of 1 lemon and 1 whole lime
- 1/3 bottle neon green food coloring (yellow and blue if you don't have green)

1. Sift powdered sugar into a bowl or onto parchment
2. Beat butter at medium-high speed until creamy
3. Add half of the sugar, turn mixer on low for 5 seconds.
4. Add the Mountain Dew and zest. Beat until combined.
5. Add food coloring to the desired color.
6. Gradually add remaining sugar until you get to the consistency and sweetness you like.
   NOTE: To avoid caffeine, I used a bottle of Squirt, with same effect.

WHAT'S COOKING IN FRIDLEY?

CREAMY BUFFALO CHICKEN CHILI

submitted by Jenise

Ingredients:

- 1-1/2 pounds boneless chicken breasts (I boiled and then shredded)
- 14.5 ounce can white beans (drained)
- 14.5 ounce can fire-roasted diced tomatoes (drained)
- 14.5 ounce can corn (drained)
- 14.5 ounce can chicken broth
- ½ cup hot sauce
- 1 package ranch dressing mix
- ½ t. onion powder (I used ½ onion, chopped)
- ½ t. garlic powder (I used 3 cloves garlic, minced)
- ½ t. celery salt (I used 2 ribs celery, chopped)
- ½ t. dried cilantro
- ¼ t. salt (I used ½ t being that I used fresh celery)
- 8 ounces cream cheese (cubed)

Sauté onion, celery and garlic for about 3-4 minutes. Add rest of the ingredients and simmer X30 minutes. Top with tortilla chips and bleu cheese crumbles.

AMANDA GORE

From her book, "Joy from the inside out & the outside in."

People who volunteer are known to be generally more content that those who don't. What a wonderful gift for your children to take them each year to a soup kitchen at Christmas so they can experience the true joy of giving. Have you ever seen the faces on people who work with Habitat for Humanity as they work? Every day, you can serve others in large or small ways.

Pay the toll for someone behind you; help a colleague who is under pressure; send love to someone who is struggling; be kind; ask if you can help; notice if people are not happy and pay attention to them; encourage others; be an enthusiastic positive role model; find good; forgive – everything you have read in this eBook is a form of service. Your life will change if you change your focus from getting what you can for yourself and having your own needs met, to serving and helping others in some way.

The more you go for what you want and fret about what you are not getting and what you lack and what others have, the more miserable you will be. Life is not about you and your needs! Or about having more stuff or bigger TVs or more shoes or a better job or more money or clothes or friends or a bigger house or car! It's about finding out who you really are – connecting to that Divine part of you; realizing that you truly are worth loving, safe and connected, and then focusing on serving others.

Loving – TRULY loving others is the highest form of service.

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 too!

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.