



# Fridley Women of Today

November 2014 Newsletter

Volume 6, Issue 7

*A community organization dedicated to service, growth and friendship*

Kathy E-M, FWT Newsletter Editor

## FOOD DRIVE FOR SACA -- Kathy

It was our 8<sup>th</sup> Annual food drive to benefit SACA (Southern Anoka Community Assistance) and we did better than ever! This year we collected 1,572 pounds of food and household goods plus \$50. Dave Rudolph, Manager of SACA was thrilled with the contribution and said our effort will no doubt help many of the less fortunate families in the area.

The hourly totals aren't finalized yet but we had 16 volunteers helping attach the flyers to the bags at DQ, an estimated 18 volunteers working hard delivering 1,000 bags to 5 Fridley neighborhoods and 18 volunteers helping to pick-up and deliver the donated items to SACA.

Once again, Fridley Women of Today certainly made a difference on National Make A Difference Day!

**Good job everyone and thank you!**



Some of the volunteers dropping the donations off at SACA

## VOTING REMINDER -- Jenise, Living and Learning

DON'T FORGET TO VOTE Tuesday, 11/4/14

Don't know where your polling place is?  
Check out the link below—

<http://pollfinder.sos.state.mn.us/>

## Inside this edition:

- p1 Food Drive Recap
- p1 Voting Reminder
- p2 FWT Calendar
- p2 Birthday Social
- p2 FWT Birthdays/Anniversaries
- p3 TaDa's
- p3 Member Spotlight
- p4 Isaac's Journey
- p4 FWT Book Club
- p4 Youth of Today
- p4 Community Connections
- p5 Women Who Impact Award
- p5 Personal Enrichment
- p5 Certifications
- p5 Ways and Means
- p5 MN State Fundraiser
- p6 MN Roller Girls Fundraiser
- p7 Champlin Craft Fair
- p7 Who Said That?
- p7 FWT Mystery Member
- p8 What's Cooking in Fridley?
- p8 District 7 Winter Meeting
- p9 Member Spotlight
- p9 Five Tips For Your Success
- p10 Fridley Women of Today Info



# FRIDLEY WOMEN OF TODAY CALENDAR

## November

<b>6</b>	Board Meeting 6:30pm at Dunn Bros
<b>11</b>	Vets Day Luncheon
<b>13</b>	FWT General Meeting 6:30 at Fridley Community Center
<b>13</b>	Give to the Max Day
<b>13</b>	Out and About
<b>18</b>	FWT Book Club 6:30 at Caribou Coffee in Spring Lake Park
<b>20</b>	Birthday Social TBD
<b>TBD</b>	District Meeting in New Hope
<b>25</b>	Newsletter articles for December are due

## December

<b>6</b>	Santa's Workshop
<b>11</b>	Chapter Holiday Party
<b>26</b>	Newsletter articles for January are due

November 2014

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6 X	7	8 X
9	10	11 X	12	13 X	14	15
16	17	18 X	19	20 X	21	22
23	24	25 X	26	27	28	29
30						

December 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 X
7	8	9	10	11 X	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 X	27
28	29	30	31			

## OCTOBER BIRTHDAY SOCIAL -- Kathy EM

On October 22<sup>nd</sup>, 5 of us met at the New Brighton Grill for the October birthday social. Jenise, Vicki, Cheryl, Joanne and Kathy EM celebrated the October birthdays with good food and lots of laughter. All members are invited to come and have fun at our birthday socials. We always have a good time with plenty of laughing and the company is always good!

Hope to see you at November's party!



An artist's rendition of the October birthday social.  
This is what happens when no one brings a camera!



### Happy November Birthday Wishes to:

Dolores November 26<sup>th</sup>  
Kris November 26<sup>th</sup>  
Karen November 29<sup>th</sup>

### Happy FWT Anniversary to:

Gidget November 10<sup>th</sup> 2011  
Julie November 10<sup>th</sup> 2011

Jenise, Thank you for encouraging me to go to the Women's Expo. I had a lot of fun.  
--Cheryl

Welcome Tara and Tom!  
-Tammi

Thank you Vicki and Emily for helping out with Champlin's craft show prep!  
-Tammi

Thanks to everyone who helped with the food drive this year  
--Kathy

Thank you Doreen for your generous donation of cash and Holiday ornaments!  
-Tammi

Thank you Brenda for double counting the bags!  
-Tammi

Thank you Kathy for organizing the food bag drop/pick up. Your maps are wonderful.  
-Tammi

Thanks Jill for researching and acting as "the bank" for the Droolin Moose fund raiser.  
-Tammi

Thanks to everyone who is on the Santa Workshop Committee and thanks for coming to the Friday night meeting.  
-Tammi

Thank you to everyone that attended DQ to attach flyers to the bags  
-Tammi



## JENISE

What's your favorite holiday? *Christmas--because of memories with family, because of the music and because it is also my birthday*

The chore you absolutely hate doing is *vacuuming*

What is the last thing you ate? *French apple cream cheese pie --free pie Wednesday!*

Mountain Hideaway or Beach House? *Mountain Hideaway*

How does your toilet paper hang -- over or under? *Over*

What makes you angry? *Bullying or taking advantage of vulnerable individuals*

What was your favorite subject in elementary school? *a tie between English and math*

Your least favorite type of music is *Country*

*Be kind. For everyone you meet is fighting a battle you know nothing about.*

## ISAAC'S JOURNEY – Cheryl & Tammi

If you didn't make it to the October general meeting-Look at what you missed! Cheryl brought in a lucky buck basket for Isaac's Journey. Tammi was the very lucky winner! Great idea and great basket. Thanks for all you do for Fridley Women of Today Cheryl!

Cheryl wants to thank the FWT members for participating in the Halloween Lucky Buck drawing. A contribution of \$31.00 was raised for Isaacs Journey.



## FWT BOOK CLUB -- Jenise, Living and Learning



Just a reminder that the Book club will meet on Tuesday, November 18 at 6:30pm at Caribou Coffee on 81<sup>st</sup> and Central/65 in Spring Lake Park. We will be discussing "Angry Housewives eating Bon Bons," by Lorna Landvik.

what happens at  
**BOOK CLUB**  
stays at  
**BOOK CLUB**

## YOUTH OF TODAY—Tammi



On September 26 & 27 Bailey, Bethany, Heidi and Tom sold hot dogs/chips/muffins to raise money for YIPA- Youth Intervention Programs Association. They raised \$150. YIPA gets \$1 government funding for every \$2 donated.

We will have a lucky buck basket to raffle at our holiday party. Our goal is to raise another \$50. Please remember to bring some cash to the holiday party-The basket will be worth buying tickets for! \$1.00 each or 6 for \$5.00

## COMMUNITY CONNECTIONS – Tammi

### Santa's workshop

The Fridley Women of Today elves are working hard on getting our largest event ready for December 6th. Please, please, please ask your friends and family if they can help us from 10:30-3.



## WOMEN WHO IMPACT AWARD -- Jenise, Living and Learning

Do you know a woman who shows excellence in leadership, is involved in her community and puts her ideas and innovation to action?

### Nominate her for a Women Who Impact Award!

Nominations due by November 1 to Living & Learning SPM, Tevyan Sorensen.

## PERSONAL ENRICHMENT -- Jenise, Living and Learning

PE (personal enrichment) night in January—be thinking of what night would be best—1<sup>st</sup> or 3<sup>rd</sup> Tuesday (1/6 or 1/20). The plan is to make Vision boards as a “spiritual growth” opportunity—a fun night to put your images, words, thoughts about what you want to bring out in your life for the year 2015. [I will have a sign-up sheet at the November meeting.]

## CERTIFICATIONS -- Jenise, Living and Learning

Woo Hoo!! I have received and submitted 11 certifications from our chapter members!!!

## WAYS AND MEANS -- Tammi

Restaurant.com-We need to sell a minimum of 10 restaurant cards to place an order. For just \$20 out of your pocket you would receive a \$100 restaurant gift card and out of that \$20-Fridley Women of Today would receive \$10. So-if we sold the minimum amount of 10 gift cards-our chapter would receive \$100. Easy Peasy!

Christmas is right around the corner and these would make great stocking stuffers, gifts or if you do a secret Santa at work this would be a very welcomed gift!

All orders need to go through Tammi and I will place the order after our November meeting. For more info on how this works, please go to [www.restaurant.com](http://www.restaurant.com). Last year our chapter raised over \$200 on this fundraiser.

## MN STATE FUNDRAISER -- Tammi



brought to you by it takes two

Our state fund raiser for this trimester is Greeting Cards, Note cards, gift sets, calendars, scrap booking stuff. I have attached the brochure for [www.shopittakestwo.com](http://www.shopittakestwo.com) a MN company where every one of their products is available to order. Greeting cards ship free. If you order online-you must enter fundraising code GFWC4166. You can also place your order through Tammi. Deadline is December 30th for delivery in January at winter state convention. Our Chapter keeps 20% of all sales.

Please consider participating in one of these fund raisers...more if you can!



Minnesota roller girl's fundraiser event will be held January 17th at the Roy Wilkins Auditorium. Cost is \$20.00 per ticket. Please make checks payable to MNWT and give your order to Tammi by 12/11 (holiday party) to ensure spots with the rest of the women of today group.



## Oustanding Young Adult Scholarship Fundraiser

Date: Saturday, January 17<sup>th</sup>, 2015

Time: 6:30 p.m. Doors Open - 7:30 p.m. Bout

Place: Roy Wilkins Auditorium; downtown St. Paul

Cost: \$20.00 per ticket

Bring your family and friends to enjoy the fun and to help raise money  
for the OYA Scholarship Fund!

Make checks payable to MNWT (please do not send cash).

✧ Please combine chapter and district orders to one mailing address. ✧

Orders must be received by Friday, December 19<sup>th</sup>, 2014 to guarantee a seat with the group.

Send detached form below & payment to: Shelli Struzyk; Youth of Today SPM

210 2<sup>nd</sup> Ave. SW, Rice, MN 56367

Contact me with questions at (320) 333-3326 or yt@mnwt.org

*\* Please order through Tammi - Deadline 12/11*

*Holiday  
Party*

### MINNESOTA ROLLER GIRLS TICKET ORDER

Chapter Name: \_\_\_\_\_ District: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# of Tickets: \_\_\_\_\_ X \$20.00 \_\_\_\_\_ (TOTAL ENCLOSED)

## CHAMPLIN CRAFT FAIR -- Jill

Here's a picture from the Champlin Craft fair.  
Jenise, Vicki & Joanne were here earlier.  
Vicki & Jenise also helped Michelle last week prep for the event.



## WHO SAID THAT?

Each month a simple question is sent out to the chapter. Those who respond will have their name and answer jumbled up in a table in the newsletter and then at our general meeting we try to match the member with their answer.

Here are the responses received for November's question – all jumbled up of course!.

**What celebrity would you like to have for a neighbor and why?**

Emily	Ellen Degeneres – she seems really funny and gives away lots of nice gifts
Kathy	Channing Tatum - eye candy

**Can you match the person with their answer?**

A little reward could be waiting for all who send in their answer and play along

## FWT MYSTERY MEMBER

Can you figure out who the September mystery member is based on her answers?

- 1) My favorite quote is *You are braver than you believe, stronger than you seem, and smarter than you think*
- 2) I would love to have *Oprah Winfrey as a mentor*
- 3) Sweet or salty foods? *Sweet*
- 4) My perfect day would include *on my back porch, listening to the birds, curled up with a good book*
- 5) If I could learn to do anything, *I would learn to sew.*
- 6) A celebrity I would like to meet for coffee is *Jennifer Lawrence.*
- 7) My favorite flavor of ice cream is *mint chocolate chip.*
- 8) My favorite nursery rhyme is – *Frere Jacques.*
- 9) I really need to clean out my *guest bedroom closet*
- 10) My middle name is *Mae*



Give up? -- the answer can be found on the last page

*"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."*

–Norman Vincent Peale

## Stuffed Acorn Squash with Barley, Apples and Walnuts

YIELD 4 servings

### Ingredients

2 acorn squash, about 1 pound each  
1/2 cup quick-cooking barley  
1 tablespoon canola oil  
1/4 cup finely diced onion  
1/4 cup finely diced celery  
1 cup diced peeled apple  
2 tablespoons chopped walnuts  
3/4 teaspoon dried sage, crushed between fingers  
1/2 teaspoon kosher salt  
1/8 teaspoon coarse ground black pepper  
4 tablespoons apple juice or cider

### Instructions

1. Preheat oven to 400F.
2. Cut each squash vertically in half; scoop out seeds and fibrous pulp. If needed, cut a thin slice off bottoms so squash sits evenly. Place squash, cut sides down in a greased shallow baking dish.
3. While squash bakes, cook barley according to package directions.
4. Bake squash 30 minutes or until tender. Remove pan from oven and, using tongs, turn squash cut sides up. Lower oven temperature to 375F.
5. Heat oil in a large nonstick skillet over medium heat. Add onion, celery and apple; cook, mixing occasionally, 6 minutes or until apples are lightly browned in spots and tender. Remove pan from heat; add barley, walnuts, sage, salt and pepper and mix with large spoon to combine.
6. Spoon barley mixture (about 1/2 cup) into each squash half and spoon 1 tablespoon apple juice over each. Bake 20 minutes or until tops are lightly toasted.

Per serving: 252 Calories, 6g Fat, 1g Saturated Fat, 0mg Cholesterol, 260mg Sodium, 49g Carbohydrate, 7g Fiber, 5g Sugar, 5g Protein



## DISTRICT 7 WINTER MEETING --Vicki

Here is the information for the District 7 meeting coming up in November. Please let me know if you plan to attend. I will send in the RSVPs on behalf of Fridley. If attending, please let me know if you will be joining for dinner or meeting only.

I would like all RSVPs by November 12th.

Thanks,  
Vicki



**District 7 Winter Meeting**  
**November 20, 2014**  
**Hosted By New Hope Women of Today**

**Packers vs Vikings Pizza Buffet "Smack" Down**



**Date:** Thursday, November 20, 2014

**Time:** Pizza Buffet starts at 6:30 pm, Meeting starts at 7:00 pm

**Location:** Frankie's Pizza, 3556 Winnetka Ave N, New Hope, MN 55427

**Cost:** Meeting Only \$1, Pizza Buffet \$7  
(Please make checks out to NHWT)

**Support your team and join us for a fun filled District 7 Winter Meeting. We will be serving a pizza buffet with unlimited fountain beverages for only \$7. For those who prefer a "stronger" beverage, there is a cash bar on site.**

What's your favorite holiday? *Thanksgiving! I love all the foods! And I love all things pumpkin!*

The chore you absolutely hate doing is *Dishes. Washing them. Drying them (rarely does this ever happen, as I believe God enjoys this job!). Putting them away. Emptying the dishwasher. But mostly the washing part!*

What is the last thing you ate? *Pumpkin Bread from Starbucks (see first question!!)*

Mountain Hideaway or Beach House? *Mountain hideaway. I get too lazy when there's a beach around!*

How does your toilet paper hang -- over or under? *OVER! And yes, I'm one of those people who 'fix' it when it's wrong!*

What makes you angry? *Negativity and people who aren't open to learning. Oh...and people who cut off or talk over others when speaking.*

What was your favorite subject in elementary school? *Math. I've always had a soft spot for spreadsheets!*

Your least favorite type of music is *Classical. I can appreciate it, but I find it annoying*



## FIVE TIPS FOR YOUR SUCCESS

from Inspiremetoday.com  
Written by Andrew Sutton

**A belief is yours to choose... so choose with care.** What someone says about you isn't automatically a true reflection of who you are. While their words can tell you something about them, your opinion of their words are likely an important indicator of what you believe about yourself.

If someone tells you that you are ugly or beautiful, this doesn't mean you are objectively ugly or beautiful. Instead, it informs you about the speaker and their thoughts in this moment. On the other hand, you can choose to believe or not to believe what that person says, and this choice can say a lot about you. The choice of what you believe is always yours, so choose carefully.

**Ask for what you want... and be okay not getting it... from that source.** If you don't ask for what you want, you are much less likely to get it, so make an effort to ask. At the same time, remember, what you want won't always coincide with what others want. When someone says "no," be okay with that. Respect their decision. You don't need a "yes" from them; they are just one stop on your search for what you want. Keep searching.

**Be open to different opinions... especially when you know you are right.** Even if your way is the best, you will often learn more by challenging yourself than by agreeing with yourself. Be open.

**Share your fears quickly... before they control you.** The longer you let a fear sit in your mind, the harder it becomes to overcome. Some fears can end up controlling your life. The fear of asking someone out can keep you from finding your mate. The fear of not being worth it can keep you from a wealthy paycheck.

Sharing your fear can be a great step toward conquering it or at least keeping it from conquering you. If you are thinking of raising your prices and you share your fear that people won't think your services are worth it, the fear will be out there for discussion rather than a nagging worry in your head. If you set a goal to share this fear, regardless of the response you'll get, you will be successful once you've shared it. Either you will find out that people feel your prices are worth it and your fear was unnecessary, or you will find out that people feel your prices are too high and you can use this information to provide more value or lower your prices.

Regardless, the fear is no longer controlling you and keeping you from progress. You are now controlling your fear and making decisions in line with reality instead of a fear locked up in your head.

**Use the above ideals when you feel they will help... and don't use them when they won't.** People often turn their ideals into habits they blindly follow instead of choosing which ones will be helpful in each specific situation. Use your best judgment, and choose with care.

*If you think you have nothing to be grateful for, check your pulse.*

## Fridley Women of Today

PO Box 32547  
Fridley MN 55432

The Fridley Women of Today chapter  
meets at 6:30pm on the  
2<sup>nd</sup> Thursday 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.com](http://www.fridleywt.com)

or you can e-mail us at  
[fridleywt@gmail.com](mailto:fridleywt@gmail.com)



**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.



*The November Mystery Person is ..... Emily!*