Fridley Women of Today

January 2010

.....thoughts from the President

Happy New Year!

Now that the holiday rush is over, 2010 brings a clean slate of opportunities to organize our calendars and make plans and decisions about what we want to do in the upcoming months in our personal lives, careers, as well as with Fridley Women of Today.

Some of us find it a little daunting to look at a blank slate for the whole year and need to concentrate on a single project at a time. Others love to plan years ahead. Some make lists, others want to be spontaneous and do things at the spur of the moment. No matter our preference, we each have talent to offer during the months ahead to contribute to Fridley Women of Today and our community.

This is a good time to evaluate our projects and goals. For a particular goal, we all should encourage and solicit new members to strengthen Fridley Women of Today. New members will ensure the continuation of our chapter in addition to bringing in new ideas and talent. I challenge each of you to invite one person you think would enjoy being part of our group to our activities or monthly meetings.

Anne J

.....Santa's Workshop

Another year has come and gone, but not without hosting a successful Santa's Workshop again! The time and effort put into this event is always amazing and this year was no exception. From the very first workshop meeting held in the heat of summer right up to packing up the last box after the workshop, volunteers stepped up to help wherever they could and provided whatever was needed. How great is that?? With the money raised we were able to "adopt" a family for the holidays whose husband/father is stationed overseas; we were able to make a donation of toys to the Children's Hospital and help a local family having financial issues. And then there were all the kids and their families having fun at the event itself!

Yup, it took a whole bunch of hours to put this together but it was well worth it don't you think?

JANUARY

4 Project of the Trimester due to SPM

5 Trimester Transmittals due

8 NEWSLET personals due to editor

12 Nominations for Presidential Pin and Medallion due to State President

14 FWT General Meeting

29-31 Winter State in St Louis Park MN

31 Chapter President monthly reports due to DD

.....what's happening?

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

.....A Happy Women of Today Anniversary to:

Kris R.	*January 15, 2004*
Anne J.	*January 25, 2006*
Kathy E-M	*January 25, 2006*

.....Ta Da

Thanks to all who helped make our Santa's Workshop a wonderful success!
Anne

KATHY,
THANK YOU FOR CHAIRING SANTA'S WORKSHOP
-WELL DONE!
ANNE

....Well, Would you?

If you were young, single and looking for love, would you consider dating this guy or maybe even getting serious with him?

Really?

(see last page)

.....Resolutions, the easy way

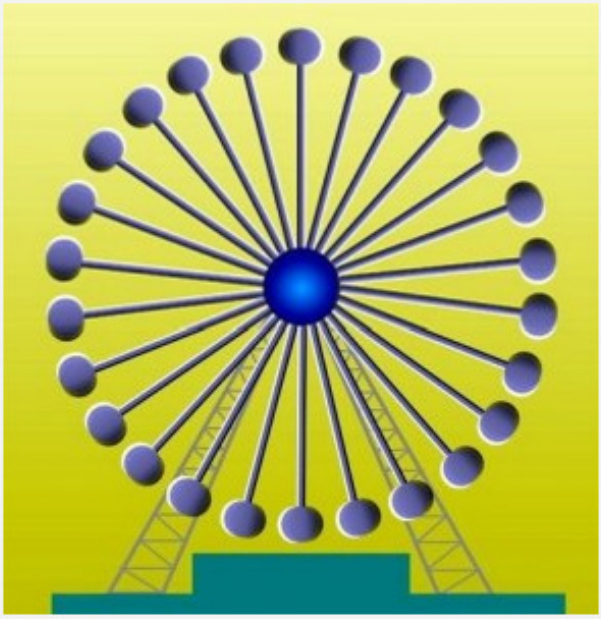
A New Year's Resolution is a promise you make to yourself. Keeping that promise isn't easy, though. Sometimes we choose resolutions that are impossible to keep because they're too broad or beyond our capabilities. Or the plan falls apart the first time the going gets tough. Still, there can be benefits to making resolutions, even if we only keep them for a short time. Here are a few to consider:

- Volunteer.
- Exercise. If it's not fun, try something else to get the same result.
- Make a difference in someone else's life.
- Sign up for a month of gym classes.
- Don't talk about health or weather when the kids or grandkids call.
- Cross things off your to-do list.
- Read every day.
- Take up a sport. Get a few lessons so you get a good start.
- Buy a few extra cans of food each time you visit the store and deliver to the food bank at the end of the month.
- Acquire a new skill.
- Break an unhealthy habit and acquire a healthy one.
- Listen twice as often as you speak.
- Borrow travel videos from the library.
- Sign up for a class. When it's over, sign up for another one.
- Learn to meditate and do it every day, or try yoga or Tai Chi.
- Subscribe to a new monthly magazine or read it at the library.

It's OK if you break a resolution. It really is. Just try again and adjust your goals or pick another one. Perhaps one of your resolutions will become a pleasurable habit. After all, it's all about creating a new beginning.

..... Fun and Games

Do you see
'THE HIDDEN TIGER'?



Stare at the center blue dot for a bit and you will sense the ferris wheel is rotating clockwise

. . . FWT Holiday Get Together 2009

Oh what fun! A wonderful time was had by all who attended Fridley Women of Today's holiday party. Once again, Vicki and Lindsey were the gracious hosts of the event held at the lovely Fridley Convention Center. The evening was filled with lots of laughter, great food, presents, and of course the traditional Family Feud. This year's Feud was won by the Kringle Family headed by Kris. Joining Kris Kringle were Kathy Christmas Cookie, Gina Gingerbread, Ernesto Eggnog, Daniel Dancing Booty and JoJo Jingle Bells.

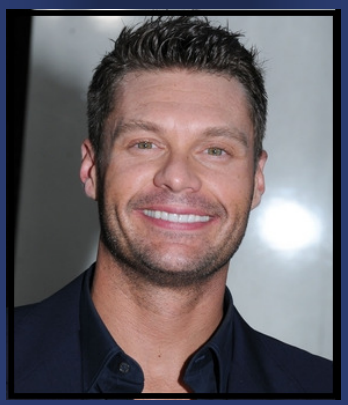
All presents were donated to S.A.C.A. for gift giving to local children and families.

Newsletter

Please remember to send your articles or announcements to me by the 22nd of each month so they can be included in the next newsletter.

After you attend any kind of event, write down your thoughts on the experience and if possible, send photos. All submissions are welcome and appreciated.

Would You Really?



Surprise - - it's Ryan Seacrest!

He's aged well, don't you think?

.....about us

Fridley Women of Today

PO Box 32547
Fridley, MN 55432

The Fridley Women of Today chapter meets at 7pm on the second Thursday of each month at the

Fridley Community Center
6085 7th Street NE
Fridley, Minnesota

For more information you can e-mail us at membership@fwt.org

And you can find us on the web too at www.fridleywt.org

The Fridley Women of Today is part of District 9, Minnesota Women of Today, and United States Women of Today. Our focus is community service, personal growth, and building friendships.

Service

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.

Growth

Developing self-confidence and learning how to work more effectively with others is also 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 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 helps strengthen our community.