



# Fridley Women of Today

July 2012 Newsletter

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

## Note From the President – by Gidget

### Fridley Women of Today Proclamation

We received the Founder's Day Women of Today Proclamation from the City of Fridley on Monday, June 25, at the City Council Meeting. Fridley Women of Today members in attendance were...Gidget, Julie, Joanne, Erolyn and of course, Dolores (who if you didn't already know is on the City Council). We will be celebrating Founder's Day on Sunday, July 1, at Harris Park at 1:00 p.m. Root Beer floats will be served so bring your family and let's have some fun!

--Gidget



*Pictured left to right are Erolyn, Dolores, Gidget, Julie and Joanne.  
A copy of the Proclamation Certificate is on page 10.*

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## Fridley Women of Today Awards - by Joanne

WOW! Have you read the recent issue of MN NEWSLET? Did you see how many times Fridley was mentioned in the awards section? A big round of applause to our chapter and congratulations to everyone who received recognition. Below are the awards that were given out at Convention last month and presented to The Fridley Chapter and members:

- Ladies Night Out Winner – Marketing
- Certificate for Most New Members with goodie bag
- Joanne Larson -- Gold Key for Chapter President year end evaluation
- Wendy Baker – Silver Key for State Delegate year end evaluation
- Vicki Rockwell – Silver Key for Staff year end evaluation
- SUCCESS – 3<sup>rd</sup> place 3<sup>rd</sup> trimester and 3<sup>rd</sup> place for 2011-12 year
- Dolores Varichak -- Outstanding LPM of the Trimester Public Relations 3<sup>rd</sup> Trimester
- Kathy Ehlenz-Matson – Outstanding LPM of the Trimester newsletter 3<sup>rd</sup> Trimester
- Gidget Wegener – Presidential Pin
- Kathy Ehlenz-Matson – Presidential Pin
- 5 Living and Learning Certifications
- Certification for In-Chapter Extension
- Growth +3 for 3<sup>rd</sup> Trimester
- Growth +8 for 2011-2012 year
- Vicki Rockwell -- Newest Key Woman



**Congratulations to all**

## Fridley Women of Today Calendar

### July

<b>1</b>	Founder's Day Celebration 1:00pm Harris Park - Fridley
<b>5</b>	Board Meeting – Location TBD
<b>9</b>	M-Event at the Springbrook Caribou 6-7:30pm
<b>12</b>	FWT General Meeting 7pm at FCC
<b>13-14</b>	Relay for Life – Blaine HS
<b>16</b>	B-Day social at Moe's 6pm in Mounds View
<b>24</b>	MNWT Orientation/Training 6:30pm at Rasmussen

### August

<b>2</b>	Board Meeting
<b>9</b>	FWT General Meeting 7pm at FCC
	School Supply Drive

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2012	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				



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AUGUST 2012				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	

## FWT Birthdays – by Dolores



On June 20, we celebrated birthdays at Champ's in New Brighton. We had 5 in attendance for supper and one guest, LaVonne Martinez, Dolores' mom. All had a great time.

**Check out the pictures and see for yourself.**

We will celebrate July birthdays on the 16th at Moe's in Mounds View at 6:00 pm. July birthdays will include Kari Varichak, Vanessa Varichak, Wendy Thelen, Julie Steger, Emily Markuson or anyone else who hasn't celebrated their day with us. Just a reminder, you get \$5.00 in your pocket or to pay for part of your meal. It's a nice social so if you can, please join us. I think there is bingo at Moe's that night too.

### Happy July Birthday to

Wendy T July 12th  
Emily July 15<sup>th</sup>  
Julie July 18<sup>th</sup>  
Kari July 20<sup>th</sup>  
Vanessa July 30<sup>th</sup>

### Happy FWT Anniversary to

Wendy B July 3, 2003  
Kari July 11, 2011  
Shirley July 31, 2004  
Vicki July 31, 2004

Brenda, Dolores, Julie,  
Kathy, and Tammi:  
Thank you for donating  
items for our district  
lucky buck basket! --  
Anne

Thanks to Julie, Brenda,  
Tammi, Gidget and my  
mom, LaVonne for attending  
the June B-day social. --  
Dolores

Congrats to Anne for winning both  
Lucky Baskets --Julie

To Brenda &  
Dolores-Thanks for  
taking on the  
Santa Workshop  
this year  
--Tammi

Thanks to Julie, Erolyn, Joanne, Gidget and  
myself for accepting the Proclamation at the  
Fridley City Council meeting in June.  
--Dolores

To Kathy - You come  
up with the cutest little  
trinkets - Love the  
"Who Said That" gifts  
--Tammi

To Julie-Cute  
puzzle pieces,  
Thanks  
--Tammi

Thanks Kris for hosting  
Pampered Chef Party for  
Relay for Life. I love my  
purchases. --Dolores

*Gidget-  
Great job  
leading us in our  
meetings-It's going  
to be a great  
year  
--Tammi*

Thanks Joanne for hosting LPM  
training. --Dolores

Welcome Emily Markuson  
our newest  
Fridley Women of Today member  
--Dolores

To Gidget—Thank  
you for giving your  
speech in front of  
the City Council for  
Proclamation Day  
--Julie

Thanks to Joanne and her  
daughter Steph, Tammi and  
Brenda for volunteering to  
work at the Fridley 49er Days.  
--Dolores

Thanks Brenda and  
Tammi for  
volunteering at the  
Tour de Cure bike  
ride for Diabetes  
event.  
--Dolores

*To Ann—  
Thank you for making  
such a nice Lucky Basket  
--Julie*

To Kathy  
Congrat's on your  
numerous well  
deserved awards!  
--Tammi

– Emily –  
Welcome to Fridley Women of Today

*Thanks to Julie, my  
mom and Kari and  
Vanessa for staying  
to play bingo with  
me. --Dolores*

Thanks to Gidget  
for hosting the  
m-event in June.  
--Dolores

## Relay for Life – submitted by Kathy

**Come show your support for our walkers and cheer them on!**

### 2012 Relay For Life of Blaine

**Friday, July 13, 2012**

**5:00pm at Blaine High School**

**Opening Ceremony:** 6:30pm

**Survivor Lap:** 7:00pm

**Fight Back:** 11:00pm

**Luminaria Ceremony:** Dusk - Appox. 9:30pm

**Closing Ceremony:** 4:30am

No matter who you are, there's a place for you at Relay.  
Each dollar you raise will help save lives.

***How far will you go to make a difference in the fight against cancer?***

### CELEBRATE

Relay starts with a Survivors Lap – an inspirational time when survivors are invited to circle the track together and help everyone celebrate the victories we've achieved over cancer. It's an emotional example of how Relayers are ensuring that more lives are saved each year.

### REMEMBER

After dark, we honor people who have been touched by cancer and remember loved ones lost during the Luminaria Ceremony. Candles are lit inside bags filled with sand, each one bearing the name of a person touched by cancer.

### FIGHT BACK

The Fight Back Ceremony is where we make a personal commitment to save lives by pledging to do something simple. By taking action, you are personally taking steps to save lives.





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It's no secret that what's happening in Europe is driving financial markets worldwide. Even if you have a sound asset allocation strategy and a well-diversified portfolio, it's hard to ignore the fact that this summer seems to have the potential for turbulence. Markets dislike uncertainty, and at this point uncertainty is high, particularly in advance of the June 17 elections scheduled in Greece.

Here's a brief review of what has led to the current situation, and how various types of investments have been affected.

### **High noon on the continent**

To qualify for a second bailout from the European Union and the International Monetary Fund, the Greek government agreed in February to adopt strict austerity measures intended to cut its budget deficit and debt burden, and to specify additional cuts by June.

However, in the wake of May's Greek parliamentary elections, it's unclear whether that agreement will hold up. The political parties that signed off on the bailout agreement were eclipsed in the elections by political parties who campaigned against the austerity programs. However, those parties have been unable to form a coalition government, so new elections have been scheduled.

One of the major areas of uncertainty is whether a new Greek government would try to renegotiate the rescue package. That would mean a showdown with Germany and other countries who have stood firm against renegotiating an agreement that was difficult to get adopted in the first place. In addition to questioning why it should support countries who are unable or unwilling to balance their budgets, Germany is reluctant to jeopardize its stellar credit rating. Also, it benefits from being able to borrow at the super-low interest rates made possible in part by high demand from investors, who are taking money out of Greek banks and putting it into investments seen as safer, such as the German bund (the equivalent of our Treasury bonds).

European countries that have adopted strict budget cuts designed to reduce deficits have found themselves facing slower economic growth, angry voters, and even greater difficulty balancing their budgets. Since the recent election of Socialist François Hollande as president of France, there has been increased talk about the need to balance austerity with pro-growth measures. But from Germany's perspective, if Greece is allowed to renegotiate its bailout to try to stimulate growth, what is to stop other countries who are struggling to meet their own austerity guidelines from making the same demands?

### **Why don't other countries simply kick Greece out of the eurozone?**

Many Germans are asking themselves the same question. However, there are several reasons why leaders are struggling to avoid a Greek exit (dubbed a "Grexit"). Leaving the eurozone would mean abandoning its shared currency. Greece would need to pay its bills and debts in some alternate currency, such as a "new drachma." Any such currency would almost certainly be worth less than the euro, and reduce the value of any assets or accounts held in Greece. The danger of the Greek government defaulting on debt owed in euros could shake Europe's banking system--already fragile because of the real estate collapse in many eurozone countries.

Fearing that possibility, investors have already begun pulling money out of Greek financial institutions. That has raised concerns about the potential impact of a run on the country's banks. (If you've ever seen the movie *It's A Wonderful Life*, you've seen what can happen when everyone tries to take their money out of a bank at the same time.)

Also, a Greek exit from the eurozone or default on sovereign debt would likely increase concern that other debt-ridden countries--especially larger economies such as Spain--might do the same. And it wouldn't take an actual exit by other eurozone members to create problems. In addition to potentially destabilizing the continent's banking system, investor fears would affect the interest rates paid by those governments. The rate on a 10-year Spanish bond has already gone well over 6% recently (Germany and the United States pay less than 2% on an equivalent bond). A Spanish government already struggling with debt, bailout requests from banks and regional governments, and austerity measures similar to Greece's can't really afford to pay even more interest on borrowed money.

Furthermore, rising interest rates on sovereign debt don't just hurt governments; they hurt the banks and other investors that hold those bonds. Bond values fall when interest rates go up. If banks worldwide suffer losses because the value of their bond holdings drops, they could have even more trouble meeting capital requirements and staying afloat, or lending money to businesses and individuals who need it.

### **What does it all mean for my portfolio?**

Investors have already begun to price in the potential disruption of a hasty Greek exit--either voluntary or involuntary--from the euro. That, coupled with signs of a slowing U.S. economy, cost equities dearly in April and May. It's unclear how much potential pain has already been recognized by global markets, especially if the U.S. economy worsens or election results suggest future eurozone infighting. However, remember that even in a bad market, individual stocks may buck the trend. Also, at least two European scenarios might help equities rally: 1) if the results of the June 17 Greek election renew optimism about the strength of the bailout/austerity bargain, or 2) if other eurozone members or the European Central Bank agree to fresh supportive measures, such as a jointly backed "eurobond." And of course, signs of new strength in the U.S. economy would be helpful.

And it's an ill wind that blows nobody good. As the flight to quality has become a stampede in recent weeks, the prices of U.S. Treasury bonds have seen a strong rally. Investors have become willing to accept record low interest rates as a tradeoff for the relative security offered by Uncle Sam. Sooner or later that trend is almost certain to reverse, but so far the uncertainty abroad has been good news for Treasuries. Unfortunately, investors who have relied on Treasuries for income and now want to roll over the proceeds of maturing bonds might be disappointed with today's low interest rates. If that's the case for you, you may need to explore supplemental sources of investment income to replace any reduction in interest from Treasury bonds.

If you're using a money market fund as a safe haven or a place to park money in anticipation of potential buying opportunities, don't forget that some funds may still have some exposure to foreign debt (though they may also have taken steps to hedge that exposure). An investment in a money market fund isn't insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency, and though money market funds attempt to keep their share value at \$1, it is still possible to lose money in one. If you absolutely can't afford even the remotest possibility of a loss, an FDIC-insured account might be your best bet. Global troubles can make it more difficult to try to protect your portfolio through diversification; the 2008 financial crisis hurt a variety of asset classes that normally might not be highly correlated. Diversification alone can't guarantee a profit or protect against potential loss. However, it might be worth exploring whether there are ways to hedge your portfolio's exposure to possible market volatility as Europe wrestles with its ongoing dilemma and the U.S. economy struggles to recover. Uncertainty in the financial markets could persist for months, but it's important to keep it in perspective. While you should monitor the situation, don't let every twist and turn derail a carefully constructed investment game plan.

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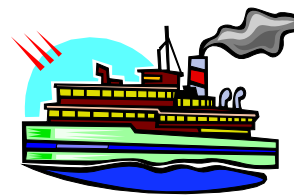
## District 9 Social Event -- by Julie

Mark your calendars for the first 2012-2013 District 9 Social Event;  
Taking place on Thursday, August 16, organized by Joanne L the District Enrichment Coordinator.

Get out your Sun Hats and comfortable attire and hop aboard the Historic Minnehaha Steamboat departing from Excelsior City Dock at 7:05pm.

I will make sure to have flyers emailed to everyone next week and also pass them out at the July general meeting providing additional information. What a great way to connect with all the chapters from our District. Don't forget to mark your Calendars. Stay tuned for more information!

- Julie - State Delegate



## Who Am I?

*Can you guess who this member is based on her answers?    Do you give up?    Go to the last page to see who it is.*

What restaurant do you go to more than any other?

**Taco Johns**

If you could have any ones job in the world, whose would it be?

**The person who gives names to cosmetic colors**

What are your 3 favorite pizza toppings?

**Sausage, mushroom and green pepper (or green olives)**

What do you think Martians do for fun on Mars?

**Eat green M & M's and play War Craft**

What 2 television stations do you watch most frequently?

**Channel 5 & Foodnetwork**

My favorite unusual food combination is \_\_

**Oreo cookies, dunked in cheap Scotch followed by a bite of Hagen Daaz real vanilla ice cream**

What would you do if you were invisible for a day?

**Spend the day eavesdropping in the White House and Pentagon**



## Who Said That?

**Who is a woman from history that you respect and admire?**

Wendy B	Helen Keller/Anne Sullivan (one wouldn't be if not for the other)
Kathy	Maya Angelou
Vicki	Jane Pittman
Joanne	Rosa Parks
Tammi	St. Bernadette
Julie	Rosa Parks
Dolores	Harriet Tubman



## 363 Sandwich Fund Update --by Kathy



Many of you know that at each monthly meeting we pass around our sandwich bank for collecting change that will be used to buy items for making sandwiches for the homeless. We have been partnering with 363 Days for a few years now and it's an effort that they appreciate and one that we enjoy and look forward to doing. I'm happy to announce that all the spare change that we so generously contribute each month to our sandwich fund has really added up! As of our June meeting we have collected \$82.00! That's a lot of bread!!!!

**Thanks everyone!**

### "Give to Yourself"

Hey this is Julie Steger and I am your 2012-2013 Chapter Living and Learning Program Manager. I will help you and guide you in getting certification in the different areas. At our June general meeting I passed out to everyone Certification packets. For those of you that were not at the meeting, I will try and email out one certification form on a weekly basis so that you can download it and print it. If you have problems opening up the sheets just email me and I will get you the whole packet another way.

Certifications are for you and are quite easy to complete and they do help the chapter in points for the year end but are not a requirement. Please take some time to go through the lists. Each Certification form takes you down a little different path. I will send you more information out soon about an open door night and the actual first certification night.



To get you started there is a fun State contest for those writing enthusiasts and those who have wanted to try their hand at writing. It is an Effective Writing Essay Contest and the topic/theme is "Your Memory of a Place You Visited as a Child". The essay must be 600-800 words in length. Submit to Wendy Homyak our SPM for Living and Learning by Friday August 24.

**So Give to Yourself.** What you do in your daily life is important to you and those lives you touch.

## June Social — by Dolores



# BINGO

*Bingo was played at Champ's in New Brighton after the June birthday dinner celebration. Five others joined Julie, Dolores and LaVonne. Of the five, two were members, Kari and fiancé Drew, Vanessa and her boyfriend Brandon and Dolores' husband Stephen. All had fun and we had several winners.*



## Wellness Topic: Exercise for Your Bone Health -- submitted by Kathy

Vital at every age for healthy bones, exercise is important for treating and preventing osteoporosis. Exercise improves your bone health and increases muscle strength, coordination and balance, and leads to better overall health.

### Why exercise bones?

Like muscle, bone is living tissue that responds to exercise by becoming stronger. Young people who exercise regularly generally achieve greater peak bone mass (maximum bone density and strength) than those who don't. Most people's bone mass peaks during their 30s. After that, we can begin to lose bone. Adults 20+ can help prevent bone loss with regular exercise. Exercising allows us to maintain muscle strength, coordination and balance, which in turn help to prevent falls and related fractures. This is especially important for older adults and people with osteoporosis.

### Best bone-building exercises

The best type of exercise for your bones is weight-bearing, which forces you to work against gravity like when you lift weights, walk, hike, jog, climb stairs, play tennis and dance. Examples of exercises that are not weight-bearing include swimming and bicycling. While these activities help build and maintain strong muscles and have excellent cardiovascular benefits, they aren't the best way to exercise your bones.

### Exercise tips

If you have health problems—such as heart trouble, high blood pressure, diabetes or obesity—or if you're over 40, check with your doctor before beginning a regular exercise program. According to the Surgeon General, the optimal goal is at least 30 minutes of physical activity on most days, preferably daily. Listen to your body. When starting an exercise routine, you may have some muscle soreness and discomfort at the beginning, but this should not be painful or last more than 48 hours. If it does, you may be working too hard and need to ease up. STOP exercising if you have any chest pain or discomfort, and see your doctor before your next exercise session. If you have osteoporosis, ask your doctor which activities are safe for you. If you have low bone mass, experts recommend that you protect your spine by avoiding exercises or activities that flex, bend or twist it. Also, you should avoid high-impact exercise in order to lower the risk of breaking a bone. You also might want to consult with an exercise specialist to learn the proper progression of activity, how to stretch and strengthen muscles safely, and how to correct poor posture habits. An exercise specialist should have a degree in exercise physiology, physical education, physical therapy, or a similar specialty. Be sure to ask if he or she is familiar with the special needs of people with osteoporosis.

### Complete osteoporosis program

Remember, exercise is only one part of an osteoporosis prevention or treatment program. Like a diet rich in calcium and vitamin D, exercise helps strengthen bones at any age. But proper exercise and diet may not be enough to stop bone loss caused by medical conditions, menopause, or lifestyle choices such as tobacco use and excessive alcohol consumption. It is important to speak with your doctor about your bone health. Discuss when you might be a candidate for a bone mineral density test. If you are diagnosed with low bone mass, ask what medications might help keep your bones strong.

*Source: National Institutes of Health Osteoporosis and Related Bone Diseases. (2009, January). Exercise for bone health. Retrieved July 21, 2010.*

## What's Cooking in Fridley?

Submitted by: Anne

### Spiced Pudding Squares: Recipe from JELL-O

½ cup butter, melted, cooled  
1 egg  
1 pkg. 2-layer spice cake mix  
1 pkg (3.4 oz) Vanilla Flavor Instant Pudding  
1 cup cold milk  
1-1/2 tsp. pumpkin pie spice  
1-1/2 cups thawed cool whip  
2 Tbsp. toffee bits

1. Heat oven to 375 degrees F. Mix first three ingredients just until blended; press onto bottom of 13x9 inch pan sprayed with cooking spray.
2. Bake 15 to 17 minutes or until toothpick inserted in center comes out clean. Cool completely.
3. Beat pudding mix, milk and spice in medium bowl with whisk 2 minutes. Gradually stir in cool whip until well blended; spread over crust. Refrigerate 2 hours. Sprinkle with toffee bits just before serving.

Submitted by Tammi

### Zucchini-Ribbon Salad --MAKES 4 SERVINGS

1/4th of recipe (about 1 cup): 79 calories, 3g fat, 285mg sodium, 9.5g carbs, 2.5g fiber, 5g sugars, 5.5g protein  
-- *PointsPlus*® value 2\*

#### Ingredients:

2 large zucchini, ends removed  
1 cup cherry tomatoes, halved  
1/2 cup crumbled reduced-fat feta cheese  
1/3 cup finely chopped red onion  
2 tbsp. fat-free Italian dressing

#### Directions:

Use a veggie peeler to peel zucchini lengthwise into super-thin strips; rotate zucchini after each strip to yield a width similar to fettuccine. Place in a large bowl.

Add all remaining ingredients. Gently toss to mix. Cover and refrigerate until chilled, at least 1 hour. Eat up!

## Shopping at Farmers Markets -- submitted by Kathy

*Originally published by the Shoreview Press, August 4, 2010*

Many area residents visit farmers markets to get the freshest product with most of it grown right here in Minnesota.

Shopping at Farmers Markets is the easiest way to eat locally. At several markets you'll enjoy everything from honey, meats, eggs, strudel, kettle corn, confections, breads, emu oils, flax, salsa, pasta, coffee, crafts, fruits, plants and the wonderful seasonal produce.

Ten great market tips:

- Know your seasons. Don't arrive to market expecting tomatoes in June or lettuce in October. Stop by the market managers table and receive a calendar of when produce generally becomes available in our area.
- Arrive early. Best goods go first. Popular, but limited items may even sell out before the day is done. For fewer parking issues, it is recommended that you park on the upper lot and walk through the beautiful community center on your way to market!
- Bring big bags and small change. Vendors supply bags, but they tend to be thin, plastic ones that can break under the pressure of heavy purchases and are difficult to carry. A sturdy canvas or nylon bag or even a backpack can make it easier to handle your purchases. Most products are priced in simple quarter increments. Bring small change to try a single item or dollars to buy in bulk.
- Plan your meals so shopping is easier, especially with little ones. But keep in mind that there's always something new to try each time you visit market.
- Enjoy some spontaneity. Like most trips, you'll fair better if you plan your trip to the market. However, leave a bit of wiggle room for those strawberries you didn't know would be at market so early, or the patty pans you've never tried before. Trying new things is part of the fun of going to market.
- Purchase in volume. The best deals at the market are when you buy in bulk. You'll enjoy the best flavors and the best prices when you buy large amounts of whatever is at harvest peak. Try new recipes with favorite vegetables or learn the lost art of freezing or canning to save the food for later in the year!
- Think "whole foods." Think in terms of how food grows and arrives at the market without being processed. Carrots come whole and not peeled; beets still have greens and dirt attached. Learning to handle just harvested produce can take some getting used to, but the superior flavor is worth the adjustment!
- Get advice. If you find a product that's new to you at the farmers market and want to give it a try, ask the vendor if they have a sample you can try or see if you can buy just one. For the best tips specifically ask how they like to prepare it!
- Invest in wheels. A little shopping cart with wheel's or a stroller makes it easy to stack heavier vegetables in the bottom and lighter products at the top and move about the market more easily and efficiently!
- Keep it simple. Keep preparations simple. It will make cooking easier and you may find yourself eating even more local foods from the farmers market next week.

## Just for Fun

- ☺ I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.
- ☺ It's scary when you start making the same noises as your coffee maker.
- ☺ These days about half the stuff in my shopping cart says, "For Fast Relief" . . .







## Tips from Martha vs Tips from Maxine



Stuff a miniature marshmallow in the bottom of an ice cream cone to prevent ice cream drips	Just suck the ice cream out of the bottom of the cone, for Pete's sake! You are probably lying on the couch with your feet up eating it anyway!
To keep potatoes from budding, place an apple in the bag with the potatoes.	Buy Hungry Jack mashed potato mix. Keeps in the pantry for up to a year.
When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.	Go to the bakery! Hell, they'll even decorate it for you!
If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant 'fix-me-up.'	If you over-salt a dish while you are cooking, that's too bad. Please recite with me the real woman's motto: 'I made it, you will eat it and I don't care how bad it tastes!'
Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks	Celery? Never heard of it!
Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.	The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust, so I don't.
Cure for headaches: take a lime, cut it in half and rub it on your forehead. The throbbing will go away.	Take a lime, mix it with tequila, chill and drink! All your pains go away!
If you have a problem opening jars, try using latex dish washing gloves. They give a non-slip grip that makes opening jars easy.	Go ask that very cute neighbor if he can open it for you..
Don't throw out all that leftover wine. Freeze into ice cube trays for future use in casseroles and sauces.	Leftover Wine????? HELLO!!!!!!

## M-Event for July -- by Julie

The M-Event for July will be hosted by Julie at the Springbrook Caribou Coffee on July 9<sup>th</sup>. Come join us between 6-7:30pm for some friendly socializing and possible samplings of various Caribou beverages – and there's a Panera's right next door!

## FWT Helping Out at Fridley 49ers Days -- pictures by Julie





## Member Spotlight for July is Shining on Erolyn

What is the furthest north you have travelled?

*Duluth*

What daily activity bores you?

*Shaving my legs!*

What is your favorite way to celebrate an accomplishment?

*A bottle of wine and Red Velvet Cake... (maybe a new pair of shoes too ;)*

If you were a famous Hollywood star, what would your made up celebrity name be?

*Vivian Maxwell*

What is the scariest movie you've ever seen?

*The Exorcist*

Would you ever be on a reality show? If yes, which one?

*Absolutely!....The Kardashians*

What's your favorite candy?

*Sour Belts*



## School Supply Drive -- by Kathy

Don't forget that we will be collecting school supplies again for kids attending local elementary schools. In past years we've collected much needed items like pens/pencils, rulers, notebooks, backpacks, erasers, glue sticks and markers as well as boxes of Kleenex and hand sanitizer. Questions about supplies can be answered at our next meeting in July. Supplies will be collected in August and delivered to the schools in late August or early September.

I found some guidelines for putting together a school supply drive. Probably too late for this year, but something for us to maybe think about for next year!



### Help Children Succeed in School: Plan a Back to School Supply Drive

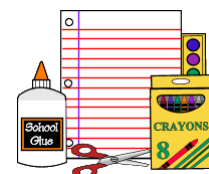
Having school supplies they need to achieve helps keep kids focused

and learning at school. With school starting up again soon, August is a great time to organize a school supply drive among family, friends or an even larger community of people who know how important it is to help at-risk youth get the school supplies they need to help them succeed in the new school year. United Way of Cullman County held its first school supply drive on the National Day of Action, held annually on June 21. "It was not that difficult to put together" said Jacqueline B. Schendel, Marketing Communications Director.

"We did not get sponsors for this event, but may in the future. It did not cost us any money. We had free advertising with our local paper, radio station and TV stations. We promoted it for several weeks and requested people drop off supplies at our office. We stood in front of Walmart one day and collected over 90 percent of the supplies. It was a great way for us to give back to the community." School supply drives are flexible and can be tailored to your community. Here are the three basic steps to organizing a school supply drive:

1. Begin with the end in mind. Ask schools or youth-serving organizations agencies that will receive the supplies what they need, when they need it, and how it should be packaged so that the supplies can be stored and distributed easily. While you are at it, ask how they would like to be involved!
2. Recruit partners. Identify and recruit partners to serve as collection sites, supply sorters, transportation providers, etc.
3. Execute:
  - Collect supplies. Make it easy to be involved. Provide the sites with what they need to promote the supply drive within their organization and collect the supplies
  - Sort supplies. Many hands make light work. Hold a "sort-a-thon" and make it fun.
  - Deliver supplies to schools or agencies who will provide them to children in need.

To learn more about planning a school supply drive, [download United Way's School Supply Drive toolkit](#). And learn more about how to make an impact on education.



## Fridley Women of Today Proclamation

You can view the ceremony online by going to: <http://fridleytv.pegcentral.com/player.php?video=6d5e488de1a370c0e3f7a0b0aa0522cd>



# Proclamation

## **WOMEN OF TODAY FOUNDER'S DAY JULY 1, 2012**



*WHEREAS, the Minnesota Women of Today and the Fridley Women of Today have set aside July 1 to recognize the many community activities of dedicated Women of Today members across the state; and*

*WHEREAS, the Minnesota Women of Today is an organization of over 1,600 women in 75 chapters across the state; and*

*WHEREAS, the Minnesota Women of Today and the Fridley Women of Today are dedicated to actively promoting such public awareness and service programs as: Domestic Violence Prevention, People with Development Challenges, March for Babies, the American Cancer Society, Can Do Canteens, the Shriner's Hospital, as well as the SACA Food Drive, School Supply Drive and Santa's Workshop; and*

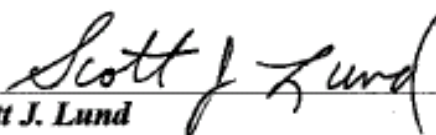
*WHEREAS, the Minnesota Women of Today and the Fridley Women of Today provide personal enrichment and leadership training; and*

*WHEREAS, the Women of Today believe that "Through us, great lessons can be learned, worthy deeds performed, and a hand of fellowship extended to millions of women everywhere."*

**NOW, THEREFORE, BE IT RESOLVED**, that I, Scott J. Lund, Mayor of the City of Fridley, do hereby proclaim July 1, 2012, as *Women of Today Founder's Day* in the City of Fridley, Minnesota.



*IN WITNESS WHEREOF, I have set my hand and caused the seal of the City of Fridley to be affixed this 25<sup>th</sup> day of June, 2012.*

  
\_\_\_\_\_  
Scott J. Lund  
Mayor

## Fridley Women of Today

PO Box 32547  
Fridley MN 55432

The Fridley Women of Today chapter  
meets at 7pm 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.org](http://www.fridleywt.org)

or you can e-mail us at  
[moreinfo@fridleywt.org](mailto:moreinfo@fridleywt.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.



**Who Am I? It's Wendy B**