



Fridley Women of Today

A community organization dedicated to service, growth and friendship.

May 2016 Newsletter

Letter from the President

Fridley Women of Today,

I'm very excited about being the President this year! We have such a fun group and I truly enjoy working on projects and just having some social time with all of you. My theme this year is "Girls Just Want To Have Fun!"

We get so busy in our daily lives that sometime I think we forget to have a little fun so I hope you enjoy our time together this year and have a lot of fun. We all joined Women of Today for different reasons.....some for community service, some for your professional/personal growth by being involved in a national organization and some for socializing and meeting new people. Whatever your reason is, I hope that we are meeting your expectations. I am always open to new ideas so please feel free to share them with me anytime. Last but not least, I want to thank Tammi, Dolores, Kathy EM, Kathy RM, Shirley and Jenise for being on the Board this year!

Gidget Wegener
Chapter President
Fridley Women of Today



"I like joy; I want to be joyous; I want to have fun on the set; I want to wear beautiful clothes and look pretty. I want to smile, and I want to make people laugh. And that's all I want. I like it. I like being happy. I want to make others happy." – Doris Day

CALENDAR



May

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

June

- 2 Board Meeting
- 9 Chapter Meeting
- 9-12 UST Convention
- 27 Founders Day Proclamation

Bundles of Love

Kathy EM

Mark Your Calendar for a Special Event

Spring Fling - May 21

Spring is in the air and Bundles of Love Charity is getting ready for the Spring Fling Fundraiser. The fundraiser will be held on Saturday, May 21 at Fraternal Order of the Eagles, 563 Old Highway 8 NW in New Brighton. Event is from 8:30 a.m. to 12:30 p.m., with a pancake breakfast served from 8:30 - 10:30 a.m. In addition to breakfast, handmade items for a craft fair and baked goods will be available for purchase. Tickets for the event are \$10 and must be purchased before May 14. Please contact Leann at leanne31@comcast.net to reserve a space and pick up tickets at the door. Tickets are also available from leaders at New Brighton and Burnsville.



2015-16 FWT Year End Party

At this year's FWT Year End party we decided to change things up a little by having a "Silly Supper" instead of the traditional pot-luck dinner. A Silly Supper, also known as a Mystery Dinner, is a theme based dinner where the guests have no idea what they are going to eat after ordering a 3 course meal from a menu. The "menu" consists of a list of words that relates to the theme and where each word is actually a code for what will be served -- and only the hostess's know the key!



Our theme was "*Spring Time*" and we served hot dogs, cole slaw, chips, potato salad, fruit salad, beverages, mini cupcakes, carrots, celery & condiments. To make things even more interesting, the eating utensils were a choice on the menu too. That meant during one of the courses it was possible that you might have gotten potato salad but you might not have a fork to eat it with! A lot of resourceful thinking went into trying to eat that meal! But from the looks of it, everyone enjoyed their silly supper!



7 Ways Doodling & Coloring Benefit Your Brain

By: Diana Vilibert – Submitted by Kathy EM

In 2014, one million coloring books for adults were sold. In 2015? 12 million...and it's not just because we're so much better at staying inside the lines than we were when we were kids.

Coloring and doodling aren't just fun—they can be great for our health and happiness, too. And the best part? You don't have to be remotely good at it to reap the benefits. Here are 7 reasons to pick up a crayon:

Coloring can pull you out of a funk.

Coloring inside the lines is particularly beneficial if you're looking to relax. A study of undergraduate students randomly assigned to either color in a pre-drawn design or to color free-form on a blank sheet of paper found that coloring in a pre-drawn plaid pattern was linked to a significant reduction in depression and tension. Prefer to do your own thing? You'll still benefit—pattern coloring and free-form coloring alike was linked to a reduction in negative mood.

Art can promote healing.

Art therapy is used by counselors, psychologists, nurses and rehabilitation therapists alike to help heal and communicate with patients. Research shows it works. In a study of women with cancer, mindfulness-based art therapy was linked to a decrease in symptoms of distress and improvements in quality of life. Other research found that an hour of art therapy was linked to a decrease in symptoms for cancer patients. And a study of children with severe, chronic asthma also found that children receiving art therapy showed improvements in problem solving, communication, quality of life and anxiety.

Doodling makes you a better listener.

Doodling during a meeting? Tell your boss you're not distracted—the opposite, in fact. One 2009 study found that people who doodled while listening to a phone message performed 29 percent better on a surprise memory test than those who didn't doodle. Researchers think it's because doodling keeps us engaged...and stops our minds from wandering.

Drawing helps you learn.

Learning something new? Make your own visuals. A 2011 study found that in a science class, students who drew what they learned during lectures and while doing assigned readings not only retained more information, they also enjoyed the course material more.

Creating changes your brain for the better.

In a study that compared a group of students enrolled in hands-on art workshop to students enrolled in an art appreciation course, the benefits of getting your hands dirty were clear. Students who made art for 10 weeks in a weekly, two-hour class showed a significant improvement in psychological resilience and increased functional connectivity in the brain (how different parts of the brain work together).

Coloring sparks nostalgia.

Open up a new box of crayons and breathe in. Smells like childhood...and research shows taking a walk (or a doodle?) down memory lane is good for you. Nostalgia has been shown to counteract loneliness, boredom and anxiety and make you feel more likely to say you feel loved.

Art improves STEM skills.

Students studying science, technology, engineering and mathematics may want to add an art class to their course loads. Creative endeavors are exercises in problem-solving, researchers say—and incorporating art into math and science can help students become more creative problem solvers. "When an artist is painting, he is trying to solve a problem—how to express what is being felt. He experiments with colors, technique and images the same way a scientist or engineer experiments with energy and signals," he said. "There is more than one way information can be taught just like there is more than one way problems can be solved."

American Diabetes Association®
Tour de Cure®

Tour de Cure for diabetes will be held on Sat. June 4, 2016. Unfortunately, our fun spot has been taken so we will postpone this year but will get in next year. – Dolores

Did you know...

If you buy bagged lettuce or salads, choose the bag that is the flattest. When the greens are packaged, all of the air is sucked out of the bag. Then as they age, they give off gass, making the bag puffier. Choose the flattest bag and your salad will be fresher, and last longer in the fridge without going bad.



Thanking Fridley Key Club with Cupcakes

Submitted by Kathy EM

The teens from the Fridley Key Club are always busy and involved with many wide ranging community volunteer projects during the year. The last several years they've been especially helpful to FWT during our fall Food Drive and with Santa's Workshop. To show our appreciation, FWT has been donating cupcakes to them during National Volunteer Appreciation Week. On Tuesday evening, April 19th, Dolores, Emily, Jenise, Patti, Kathy RM, Cheryl, Gidget and Kathy EM gathered at Banfill-Locke Center to frost and decorate the cupcakes. Without any major mishaps, we quickly had all 5 dozen cupcakes frosted, decorated and ready for delivery. Thanks go out to Dolores for making sure they got delivered safe and sound to the Key Club the next morning.



AMAZING WOMEN!

After making history as one of the first women to ever graduate from the famously challenging US Army Ranger School last summer, Captain Kristen Griest has just made history again by becoming the army's first female infantry officer! Her graduation from the Army's Maneuver Captains Career Course last week qualifies her for duty as an infantry officer. With Griest joining a branch of the Army long considered the last bastion of the traditionally male combat roles, the Army has moved closer to fulfilling its recent promise to consider qualified women for all roles. "I do hope that with our performance in Ranger school we've been able to inform that decision as to what they can expect from women in the military," Griest told reporters. "We can handle things physically and mentally on the same level as men."



Adopt-A-Highway

Adopt – A – Highway clean up was held on April 23, 2016. It was a little chilly out but 5 members and 1 guest attended. All six ladies did a great job picking up the trash on the stretch between Osborne and 85th Ave, on East River Road. A lady even stopped to pass out water to the group. I believe she even went so far as to post something on our Facebook page. While no critters were found, we collected and left our bags for Anoka County to pick up. I want to personally thank Gidget for getting us vests at the last minute for the day. Some of us stopped and grabbed a bite to eat afterwards. It's a great event. Think about it for the fall.



Not pictured is Tammi

Ta~Da!

Thank you Kathy, Dolores and Vicki for the Silly Supper at our installation. It was a lot of fun. You guys did a great job. – Tammi

Welcome Molly!!! – Tammi

Thanks Jill for training us in on maintaining the FWOT website. We sure are going to miss you!!! – Tammi

Thank you Kathy E-M for finding me a chair at the Style Show registration table so I didn't have to stand! – Deb

Dolores, Thank you for delivering the cupcakes for the Key Club kids. – Kathy EM

Thanks Gidget for dropping off the safety vest at my house so we could do Adopt a highway. The weather was beautiful and the burgers afterwards were delicious! – Tammi

A belated thank you with much appreciation to Dolores for teaching us her secrets to the fine art of Mexican cooking! – Kathy EM

Thank you Shirley and Vicki for offering to give up your seats at the Style Show brunch, when I had not reserved a seat in advance! – Deb

Thank you Vicki for suggesting Happy Tails Rescue for a donation. They were thrilled with the donation and we received a shout out on their Facebook page. They have over 10,000 people following their page so that was great advertising for our group. – Tammi

Thanks to all helped at the TSE style show. What a great event. – Dolores

Thanks to all who helped decorate cupcakes. 1/2 hour of work and all done. – Dolores

Cheryl, great work in keeping us up to date with all the news about Breaking Free. – Kathy EM

Thank you Jenise for leading us through another great Fridley Women of Today year! – Kathy EM

Thanks to Vicki and Kathy E-M for helping with Silly Supper. So much fun. – Dolores

Thanks Kathy E-M for making all the cupcakes for the Fridley Key Club. – Dolores

Thanks Jenise for being a great president. – Dolores

Welcome, my new best friend, Molly Anderson to FWT our newest member. – Dolores

Thanks to Vicki and Dolores for helping with the Silly Supper – Kathy EM

Welcome Molly! We're excited you joined our chapter and look forward to getting to know you better and maybe working on a few projects this year. – Kathy EM

Doreen, many thanks for your work in getting us a fantastic new FWT banner. – Kathy EM

Thanks Jenise for stepping up to take on the b-day socials for this coming year. – Dolores

Thank you Sarah for putting together fabulous Newsletters each month for us. – Kathy EM

Thanks FWT for a great 2015-16 year. – Dolores

Thanks to everyone who submitted articles to Fridley's Furry Friends. I loved seeing all the pictures and reading about the furry members of your family! – Kathy EM

Jill-Good luck in your new job and new home in Boston! Thank you for your Website Training manual and training session. – Tammi

Thanks to all past board members and Local Program Manager's (LPM's). Would couldn't have done it without you. – Dolores

Thanks Jill for taking the time to train others on the Website. – Dolores

Thanks Jill for organizing the Fun Pasta fundraiser before you leave. – Dolores

Sarah and Gidget-Thanks for learning how to keep up our website. – Tammi



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

The Fridley Community Center
6085 7th Street NE
Fridley, MN

For more information please visit our website at
www.fridleywt.org
or visit the state organization's website at
www.mnwt.org



You may also email us at
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.

