



Fridley Women of Today

A community organization dedicated to service, growth and friendship.

October 2017 Newsletter

UPCOMING EVENTS

Note from Tammi

Thanks for the memories! It's been a great 9 years. I will treasure the friendships I have made and look forward to helping out at your future events.

This is my last Newsletter and my last meeting will be our October meeting.

Please let Jenise or Shirley know if you would like the RR position, the Secretary or Newsletter position.

10/12 General meeting & 363 Sandwich making M Event

10/14-Jim's Apple Farm Orchid and Candy store meet at 10

10/18-Flyer stapling at DQ

10/21 SACA food bag drop off

10/28 SACA food bag pick up

11/4 Adopt-a-Highway

Food Drive for SACA




On October 28th, volunteers from across the country will unite for Make A Difference Day, one of the largest annual single-days of service nationwide. Since 1992, volunteers and communities have come together on Make A Difference Day with a single purpose: to improve the lives of others. Make A Difference Day has evolved from an idea for a national day of service on February 29, 1992, a Leap Year. It has transformed into the current national event held annually on the fourth Saturday every October.




Make A Difference Day shows that anyone, no matter of age or background, can make an impact on their community. Thousands of projects take place every October. Some large, many small. But each effort makes an important difference to our communities.

This will be our 11th Annual Food Drive for SACA and 10th year of registering our project with Make A Difference Day! On the 28th of October, we'll be volunteering with thousands of other volunteers across the United States. If you haven't signed up yet to take part and you'd like to, contact Kathy EM.

SHARE



Food Drive for SACA

 Hunger

Fridley Women of Today will be out in our neighborhoods collecting donations of food and household items to donate to SACA.

Make A Difference

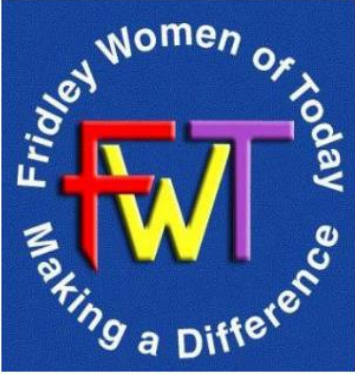
This project will help re-stock much needed items at SACA (Southern Anoka Community Assistance) who provides services to over 550 families and seniors in crisis each month.


Our Inspiration

Because so many local families rely on the services of food shelves, Fridley Women of Today saw the need and wanted to help and support their community by collecting necessary & needed items for SACA


Activities

collecting food and household donations for our local food bank



 WHERE

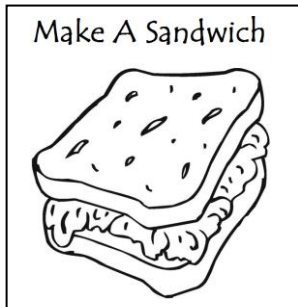
Fridley, MN
Distance: 7.94 miles

 WHEN

Saturday, October 28, 2017

Not accepting Volunteers

Submitted by Kathy EM



M-Event – Making Sandwiches for 363 Days

A quick reminder that on October 12th, we'll be making 500 sandwiches for the 363 Days project. We'll meet at FCC in our usual room and begin making sandwiches at 6pm. If you're interested in helping out and haven't signed up yet, let Kathy EM know and she'll add your name to the list. Please remember to bring a hairnet, cap or something to cover or tie your hair back with.

FYI -- We've had about 220 hits on the FWT website since mid-June! Last month it was reported that we had 150 visitors, so that means about 70 people have viewed our website in the last month! Granted, 10 or so of those visits have been from me after doing some updating on our website, but still, amazing numbers, don't you think?

What are your thoughts about making fleece scarves as a service project this fall? I came across this cute project and best thing is there is no sewing involved! Just cutting circles out of fleece fabric and then weaving them together!

If there is any interest, we can maybe discuss at our next meeting



Ta~Da!

Gidget – thanks for organizing our recent and upcoming outings
Kathy EM

Thank you Tammi for all you've done for our chapter. You'll be greatly missed and we hope you'll keep in touch and maybe stop by and join us in some of our upcoming events.
Kathy EM

Thank you Cheryl for finding out about getting bags from SACA for our food drive
Kathy EM

Thank you Kathy EM for your items for the newsletters

Tammi

Happy Birthday!

Patti-Oct 4

Sarah-Oct 6

Kathy RM – thank you for keeping our checkbook in balance! Kathy EM

Thank you
Kathy EM for
organizing the
food drive
each year.

Tammi

FRIDLEY ROCKS!

Tammi

Good luck in Atlanta Vicki!

Tammi

Jenise and Shirley – great job overseeing our chapter as co-presidents! Kathy EM

Tammi – you're leaving us with some high standards to fill for the secretary and newsletter positions! Kathy EM

(This is good – especially without the coriander & cilantro!) Kathy EM

Tortilla Soup with Chorizo and Turkey Meatballs

Yield Serves 4 (serving size: about 1 1/2 cups)

Ingredients

- 2 teaspoons olive oil
- 1 cup pre-chopped onion
- 3/4 cup chopped seeded poblano pepper
- 1 ounce smoked Spanish chorizo, finely chopped
- 4 cups unsalted chicken stock (such as Swanson)
- 1 (14.5-ounce) can unsalted diced tomatoes, drained
- 2 corn tortillas, chopped
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 12 ounces 93% lean ground turkey
- 1 large egg
- Cooking spray
- 3/4 cup frozen corn kernels
- 1/4 cup chopped fresh cilantro



How to Make It

- Step 1 Heat a large saucepan over medium-high heat. Add oil; swirl to coat. Add onion, poblano, and chorizo; sauté 2 minutes. Add stock and tomatoes; bring to a simmer. Stir in tortillas.
- Step 2 Combine 1/4 teaspoon salt, garlic powder, and next 4 ingredients (through egg). Shape turkey mixture into 12 meatballs. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add meatballs; cook 4 minutes, browning on all sides. Add meatballs, remaining 1/4 teaspoon salt, and corn to stock mixture, and simmer 5 minutes. Top with cilantro.

Nutritional Information

- Calories 288
- Fat 11.1g
- Saturated Fat 2.9g
- Monounsaturated Fat 4.8g
- Polyunsaturated Fat 2.6g
- Protein 27.4g
- Carbohydrate 21.2g
- Fiber 2.9g
- Cholesterol 95mg
- Iron 2.8mg
- Sodium 466mg
- Calcium 61mg

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

Delicious Quinoa Chocolate Cake- Kathy EM

Quinoa takes the place of flour and gives this cake a moist, fluffy texture ~ it was a huge hit with taste testers, and not one of them suspected there was anything unusual in this luscious chocolate cake

Yield: serves 8

Ingredients

cake

- 2 cups cooked quinoa
- 1/3 cup almond milk, or dairy milk
- 4 large eggs
- 1/2 cup unsalted butter
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- 1/2 cup cocoa powder, unsweetened
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

frosting

- 1 cup heavy whipping cream
- 2 tablespoon confectioner's sugar, sifted
- 2 Tbsp unsweetened cocoa powder, sifted

Instructions

1. Preheat oven to 350 degrees F. Spray and line a 9-inch nonstick cake pan with a round of parchment paper at the bottom.
2. Melt butter.
3. Put the quinoa, milk, eggs, melted butter, and vanilla into the bowl of a food processor fitted with the metal blade. Pulse to combine and then process until smooth, this will only take about 30 seconds or so.
4. Add the sugar, 1/2 cup of the cocoa powder, baking powder, soda, and salt to the bowl and pulse to combine well.
5. Turn into the prepared pan and bake for about 40-42 minutes until a toothpick comes out without wet batter sticking to it. Remember that if your pan has different dimensions, your cooking time will vary.
6. Let the cake cool on a rack for about 15 minutes before turning out of the pan. Be careful when you flip the cake over as it will be delicate. I like to place a plate over the pan and then gently flip both over together.
7. When the cake is completely cool, frost.
8. To make the frosting whip the cream until it is starting to thicken, then add the sifted confectioner's sugar and cocoa powder. Continue beating until thick and spreadable. Don't over beat!

Notes:

- Quinoa comes in red, white, and black varieties. I used the common white variety here, but you can use any of them.
- You can double this recipe to make a layer cake, or bake this up into cupcakes.
- You can skip the frosting and give the cake a sprinkle of powdered sugar for a lighter version.

