



Fridley Women of Today

June 2011 Newsletter

A community organization dedicated to service, growth and friendship

From the President.....

Happy June,

Looks like spring/summer may be peeking its pretty little head around the corner. June is a busy month for Women of Today. Our largest Ways and Means project starts us off. With a Dairy Queen M-event, finishing up the fleece blankets, and then we throw a birthday social in there just for the fun of it, will make for a GREAT month of June.

The new board members and local program managers will be training and learning their positions.

I encourage all to do a Fast Start for your new position. Vicki and Kathy will work with the local program managers and I will work with the board, in order to get these completed and answer any questions you may have. A Fast Start is just what it means. They get you on track right away for a successful year. I have encouraged our members to choose a month to do a 10 minute presentation or training on Women of Today or something that you feel our

organization should know about. Some examples could be "what is Success", awards at the State level, what needs to be in FWT minutes, how to manage and organize a successful project, programming areas, state committees, etc. If you don't know much about these subjects, maybe choose one or maybe something off of the MNWT website and do some research and then tell us about it. The list so far is Anne in June, Jeanne in July, Vicki in August, and Dolores in September. I may have someone come in from the League of Women Voters at the October meeting and Kris has signed for January. Otherwise, please step up to take a spot for November through April.

Thank you in advance for making this a successful year for Fridley Women of Today.

In Friendship,
President Joanne

Proclamation for Fridley Women of Today

One of the next stops on the FWT agenda will be at a Fridley City Council meeting. That is where we will be honored by receiving our very first Proclamation for Women of Today Founder's Day which is July 1st.

Everyone is welcome to attend the tribute which will take place on June 27th at 7:30 pm at the Fridley

City Hall. Please be there at 7:15 as our proclamation will be up right away. We are really excited about this as we will get more exposure and recognition for our organization. Be proud and attend this event so you all can be recognized for what we do.

--Dolores

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Always when judging
Who people are,
Remember to footnote
The words "So Far"

- Robert Brault

June

- 1** FWT Board Meeting @
FWT Convention Center (Vicki's)
- 4** Tour de Cure
- 6** M-Event – @ the new Dairy Queen
in New Brighton 7 pm
- 9** FWT General Meeting @ FCC 7pm
- 21** Birthday Social @ Red Ginger 6pm
(President Anne's Birthday)
- 25** 49er's Day Craft Show
- 27** Proclamation for FWT at the Fridley
City Council Meeting 7:15pm
- 28** Help Make Fleece Blankets @
Rasmussen College 6:30pm

July

- 1** Founder's Day
- 14** FWT General Meeting
- 15** Early Bird renewals due

June

2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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		

July

2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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						

Birthday Social

**Don't forget about our next birthday social
coming up on Tuesday, June 21st**

Our birthday celebration for May unfortunately had to be cancelled. But, we hope you'll make plans to join us on June 21st (yup – it's a Tuesday!) as we celebrate the May and June birthdays & anniversaries. We'll be getting together at The

Red Ginger Restaurant in Shoreview, 5999 Rice Creek Pkwy (near 85th Ave NE and I-35W).

Remember that Membership will give you \$5 towards your dinner if your birthday is in May or June!

Thank You Membership!



Happy June Birthday to
Lindsey June 5th

Happy FWT Anniversary to
Lindsey R. June 6th, 2010
Dolores V. June 10th, 2010



Ink and Toner Cartridges



Please turn in your ink and toner cartridges in to me at the either the board or general meeting. The 1st trimester state promotional will be announced at the next meeting. I am excited to see what we have to share.

Joanne

W&M LPM (Ways & Means Local Program Manager)



Take Me Out to the Ballgame for Can Do Canines

It's the 4th Annual Saint Paul Saints Game Fundraiser



*Sunday, June 26
Game Starts at 1:05pm
Saint Paul Saints vs. Wichita Wingnuts
Your \$15 ticket includes:
general admission
a Saints baseball cap
a soda and a hot dog!*

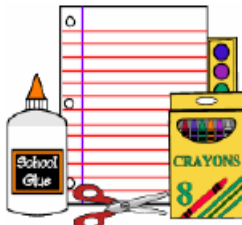


\$5.00 of each ticket benefits our programs.

Order and print tickets online at:

www.saintsgroups.com and use the password 'cando' or order tickets by phone- 651-644-6659.

School Supplies



At the August meeting, we will be collecting school supplies for the two public elementary schools in Fridley, Hayes and Stevenson. Please bring items including pencils, glue sticks, washable markers, spiral notebooks, and backpacks. Monetary donations are also welcomed and will be used to purchase supplies.

--Anne

Who Said That? --- June's Question

Match up the member with her response:

Your summers' guilty pleasure is ?

Kathy	Eating multiple ice cream treats
Julie	Taking the day off work and sitting on the deck, reading through my magazines and drinking an Ice Cold Beer
Joanne	Going out A LOT for ice cream!
Anne	Visiting the Dairy Queen every once in awhile
Dolores	Pedicures
Tammi	Play hooky from work on a glorious Minnesota summer day and relax outside with a good book and <i>not feel at all guilty about it!</i>



a place for you to say thanks, congratulations or give a shout out to someone for a job well done

Thanks to all of you for your suggestions and helpfulness in my transition to Membership VP.
Dolores

*Congratulations Vicki
on your election to State Treasurer
Dolores*

*Dolores,
Thank You for organizing the WT
Founders Day Proclamation
Kathy*

Congratulations Vicki
on your State Treasurer
WIN!!!
--Joanne--

*Dolores
You're doing a fabulous job as
Membership VP
FWT*

*Dolores, Vicki,
Shirley
and Lindsey -
it was fun hanging
out at convention
--Joanne--*

*Thanks to Shirley, Joanne, Vicki and Lindsey for
making my first State Convention a memorable one.
-- Dolores*

**Thanks to Julie, Shirley and Joanne
for helping make 5 more fleece
blankets on May 18th.**
Dolores

**Dolores—
Now known as
Old Spicee?!?
Ohh - there is a funny story,
LOL
Jo**

Joanne for receiving the
presidential medallion at
State Convention
Dolores

Who Am I?

Can you guess who this member is?

Find the Answer on the last page

What is the craziest thing you've ever done?

A boyfriend and I had split up for a year after being together for 7 years. We started seeing each other again and were married within two weeks...He is now my husband of 25 years

How many pairs of shoes do you own?

I stopped counting at 50.

What would you do if you didn't **have** to work?

Winter in the Caribbean

Your favorite musical group in Junior High School was.....?

Styx-When I was in 8th grade they played at the high school parking lot

If you could change your first name, what would you change it to?

When I travel with the girls, I go by Monique...No last name....just Monique.

Tails to Tell Tour –

June 11th from 10am to 11am

Can Do Canines facility

9440 Science Center Drive, New Hope,

Tails to Tell is a fast, friendly, informal way to see what we're all about, as well as to meet our staff and some Assistance Dog team graduates.

Tails to Tell sessions last exactly one hour. Do you know someone who would be interested in learning more about Can Do Canines? Your family and friends are welcome, too!

To RSVP, call 763-331-3000 ext.151 or e-mail info@can-do-canines.org.

Space may be limited on some dates.



Can Do Canines

A World of Difference Jean Lundquist and Juno

By Anne Ingvoldstad

Jean Lundquist of Good Thunder, Minn. loves the outdoors, especially working in her huge garden. Type 1 diabetes has been a way of life for Jean since she was 16 years old. Because she also lives with hypoglycemic unawareness as well, she often cannot feel when her blood sugar goes too low – which can be very dangerous.

Jean was at the pharmacy when she noticed a man with an assistance dog. She struck up a conversation with him, and found that it was a Diabetes Assist Dog. Jean had never heard of dogs that could alert people to low sugar by a scent on their breath, but through further research on the web she found Can Do Canines. She applied in 2009, was accepted and began training in late 2010. This spring, Jean finished training with Juno, a chocolate Labrador Retriever, one of a trio of puppies donated to Can Do Canines. "When I started out I was terrified that I was going to take this perfect dog and wreck her, because I wasn't going to know how to do things with her." Jean says "I was so nervous when I brought her home. But training was a lot of fun, and I soon got over being so nervous."

Juno was very attuned to Jean right from the start. One of their very first days together, Juno alerted

her to a low blood sugar by jumping up and putting her nose right in Jean's face. Jean recalls, "I said, 'OK Juno, I don't think I'm low but I'll check', and Juno was right!" Juno has also started to alert Jean when her blood sugar is high - which is not something that was included in her initial training. Juno has also been learning to fetch Jean's glucose tablets if she detects that her blood sugar is low. One day Juno checked her blood sugar level and then just walked away, which Jean thought was odd until Juno came back with the tablets! Jean marvels that Juno was smart enough to link the two skills very quickly. When asked what she would say to others considering applying for an assistance dog, Jean says she would absolutely encourage it. "You have to understand that it is a big responsibility to have a dog with you all the time. It's important to let everyone know what to expect if you are going out to dinner or a movie, for example. For anyone who likes dogs, it's the best thing that could possibly happen." Jean added "I am so thankful that Can Do Canines does the work that they do every day. I know they must hear this all the time, but it makes such a world of difference to people like me. I never knew what having a dog like this could mean.

Thank you."

A bend in the road is not the end of the road. . . .unless you fail to make the turn.

~Author Unknown

Domestic Violence Awareness Information from the US Chapter Mailing

The United States Women of Today (previously known as the United States Jaycee Women) was established on July 1, 1985. Membership is open to all persons at least 18 years of age. Currently the organization has over 2400 members in 12 states. The purpose of the United States Women of Today is to encourage, foster and support the growth and establishment of the national, state and local member chapters.

Since our inception in 1985, the national organization has worked with foundations such as March of Dimes, Arthritis

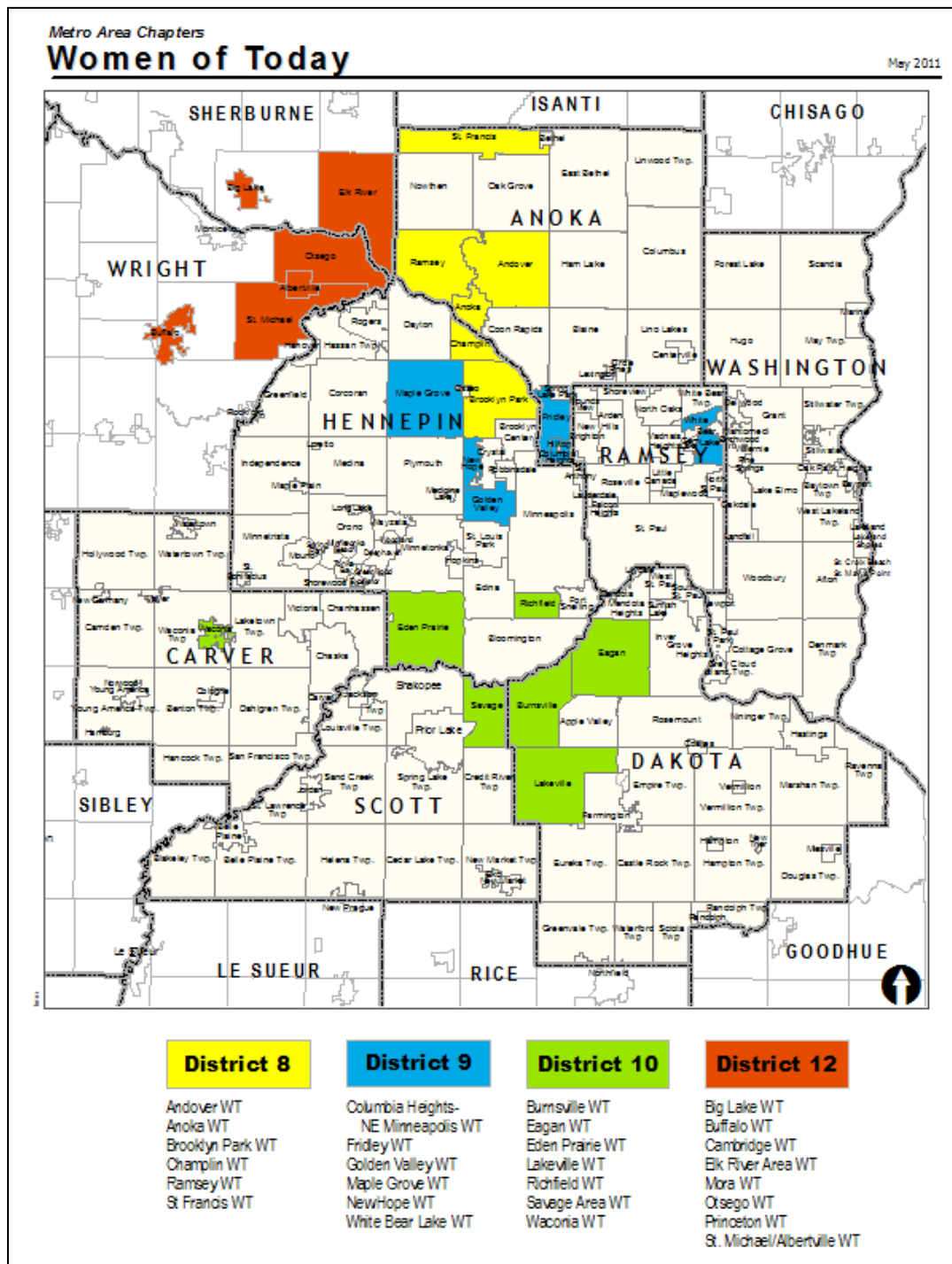
Foundation, Lost Child Network, Autism, Breast Cancer Awareness, Resolve, Multiple Sclerosis Society and Domestic Violence Awareness. In addition, states and local chapters focus on community and state foundations or concerns of their own choice. In total, over \$1,000,000 has been donated to the above organizations. In the past our charitable foundations were supported by our organization on a rotating three (3) year bid basis. However, starting May 1, 2011, Domestic Violence Awareness will become our permanent national charitable foundation

Local Women of Today Districts and Chapters

Effective May 1st, 2011:

- Ⓢ The Andover and Brooklyn Park Chapters were redistricted to join District 8
- Ⓢ The Chapters in Eden Prairie and Waconia were redistricted to join District 10
- Ⓢ The Big Lake Chapter was redistricted to join District 12
- Ⓢ The Chapters in Golden Valley, Maple Grove and New Hope were redistricted to join District 9

Currently within the state of Minnesota, there are 9 extensions in progress. Two of these extensions – Woodbury and Stillwater – are local and will eventually be joining one of these districts.



FWT Recipe for June

Our thanks to Tammi for this recipe

Beer Margarita's

- 1 can of frozen limeade
- 1 bottle of light beer
- 1 can of Tequila
- 1 can of water

Pour frozen limeade and beer into pitcher with ice.
Fill empty limeade can with Tequila & pour into pitcher
Fill empty limeade can with water and pour into pitcher
Stir and enjoy with salt rimmed glass

Fridley '49er Days Craft Show

Our craft show is coming up in a few weeks and we still need lots of help.
Currently this is what we have people signed up for:

- **Friday night set-up from 5-7:** Tammi (5:30-7) and Vicki
- **Signs on Sat morning:** Kris?? and Dolores
- **Set up Sat morning:** Vicki
- **Registration Table:**
- **Clean up:** Vicki & Kris

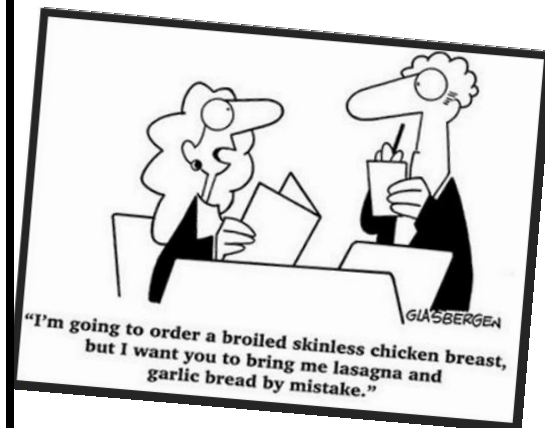
If you would like to help with the craft show, please contact Shirley H.

Other activities during Fridley 49er Days will be a parade that will kick things off on Thursday, June 23rd at 6:30 p.m. Friday evening Brat Pack Radio will be performing from 7:00 – 11:00 p.m., the Lions will have their beer wagon cold, local food vendors will be selling their specialty items, and a pizza eating contest will be held at 8:00 p.m. Saturday will be a full day of activities for all ages. There will be a tennis tournament, sand volleyball tournament, softball tournament, wiffle ball tournament, **craft show**, kids activities, climbing wall, music, hot dog eating contest, the Killer Hayseeds performance in the evening, and once again... the Lions will have their beer wagon cold and local food vendors will be selling their specialty items.

MY LIFE BROKEN DOWN INTO SEGMENTS



I was in the pub yesterday when I suddenly realized I desperately needed to fart. The music was really, really loud, so I timed my farts with the beat... After a couple of songs, I started to feel better. I finished my pint and noticed that everybody was staring at me. Then I suddenly remembered that I was listening to my iPod.



Fridley Women of Today

PO Box 32547
Fridley MN 55432

The Fridley Women of Today chapter meets
at 7pm on the 2nd Thursday of each month at:

The Fridley Community Center
6085 7th Street NE
Fridley MN

For more information visit our website at
www.fridleywt.org
or you can e-mail us at
membership@fwt.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 Tammi W.