



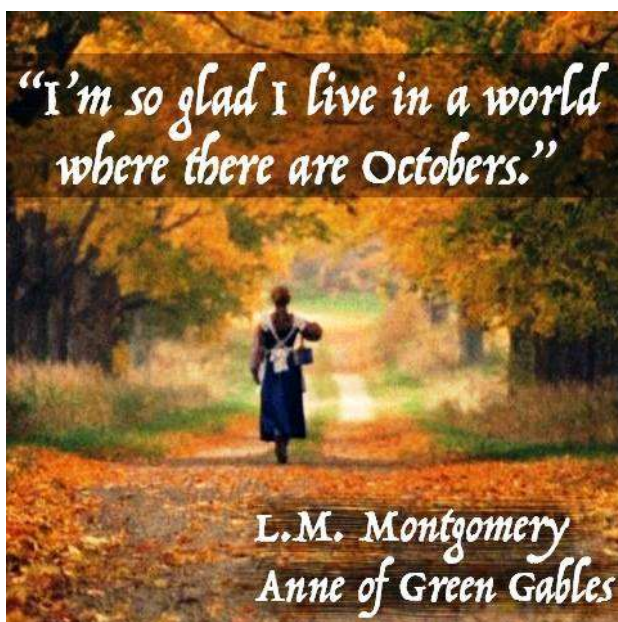
Fridley Women of Today

A community organization dedicated to service, growth and friendship.

October 2016 Newsletter



Gidget Wegener
Chapter President
Fridley Women of Today



CALENDAR

October

6-9 USWT Mid-Year Convention
6 Board Meeting-Broadway Pizza 6pm
12 SACA bag assembly at DQ 5:30pm
13 General Meeting-FCC 6:30pm
15 SACA bag drop meet at 9:30
20 Social at Cowboy Jacks
22 Make a Difference Day/SACA Bag pick up Meet at 10

November

3- Board Meeting-Broadway Pizza 6pm
5-Adopt-A-Highway 9am
10- General Meeting-FCC 6:30pm
11-Vet's luncheon

"Autumn is a second spring when every leaf is a flower." Albert Camus

Emily and Molly -- Celebrating the New Moms to Be

Submitted by Kathy EM

The FWT extended family will be growing by 2 in the next couple of months. Emily, her husband Jason and their daughter -- soon to be big sister -- Halle will be welcoming a new baby into their family towards the end of October. Molly and her husband Bryan will be welcoming their first bundle of joy to their family at the end of November. To celebrate the joyous occasions, several FWT members gathered at Gidget's house where we enjoyed some really tasty appetizers and delicious cake. Of course the new moms were showered with baby advice and lots of cute and essential baby gifts. We even scientifically determined if Emily is having a girl or boy. We'll find out in another month or so if our experiment worked -- our accuracy probability is about 50/50!



Wilder Foundation

Submitted by Tammi

On Saturday, 9/17 The Wilder Foundation held it's first community block party. I work for Wilder so my shift turned into 11 hours that day. Gidget was assigned to Face Painting and Balloon animals-I thought for sure she had been holding out on us for the Santa's workshop only to discover she was responsible for keeping the lines under control and was not actually face painting or making balloon animals. We had a nice turn out with a wide variety of entertainment. Everybody loved Gidget!



Ways and Means – Droolin’ Moose

Submitted Jenise

The holidays are creeping up on us and if you are looking for the perfect gift for your friends who are chocolate lovers, I have the solution for you!!!

Fridley Women of Today is having their fall fundraiser through Droolin’ Moose. There are many choices of yummy treats—with cashews, almonds, pecans, peanuts; milk chocolate or dark chocolate, with caramel, coconut, raisins, peanut butter. Prices ranges from \$7 to \$14. And a bonus is that our chapter earns 30% of the sales.



So get your order to me by 11/8 and the order will be delivered to me on 11/22. Order forms will be provided at the next chapter meeting on 10/13.

- ✦ Malted Milk Boulders—“huge” malted milk balls \$14, 20 oz.
- ✦ Fisherman Knots—pretzel twists covered in peanut butter and mild chocolate \$13, 9 oz.
- ✦ Cashew Moons—jumbo cashews covered in rich dark chocolate \$14, 13 oz. (GF)
- ✦ Squirrel Bait—chocolate-covered peanuts \$9, 11 oz. (GF)
- ✦ Almond Trails—chocolate covered almonds \$12, 13 oz. (GF)
- ✦ Mud Puddles—mounds of toasted coconut covered in dark chocolate \$15, 10 oz. (GF)
- ✦ Cashew Canoes—sweet, roasted cinnamon cashews \$13, 10 oz. (GF)
- ✦ Plumpers—plump, juicy raisins covered in smooth milk chocolate \$9, 15 oz. (GF)
- ✦ Vanilla Crunchers—pretzel balls covered in creamy vanilla yogurt \$7, 10 oz.
- ✦ Amaretto Pecans—milk chocolate pecans with a distinct almond flavor \$14, 12 oz. (GF)
- ✦ Pretzel Pip Squeaks—chocolate pretzel bits with caramel and sea salt \$10, 11 oz.
- ✦ Java Jo Jo’s—biscotti bites covered in cappuccino mild chocolate \$9, 11 oz.

**Guess who is the purchaser
of these two baby gifts for
Molly and Emily?**

I bet Emma Mae knows!!



SACA Food Drive

Submitted Kathy EM

Good news -- it looks like we have enough bags for our food drive and we have many to thank for helping us reach our goal this year. Thank you Tammi for contacting the Northtown Cub. Even if we couldn't use those bags for the food drive, they all ended up going to places where they were needed. Thanks go to Jenise for contacting the St Anthony Cub and to Cheryl who talked with SACA personnel who said they would help with getting us more bags if needed. Also thanks to everyone who saved their grocery bags during the year for the food drive.

Dolores has been busy getting volunteers from Key Club and the Builders Club to help us. So far from the Builders Club, we have 15 helpers signed up for 10/15 and 11 signed up to help on 10/22. Plus, some additional help is expected from Key Club also.

And thank you to former FWT member Brenda M for offering to print the flyers for us. Great teamwork everyone! Where would we be without the efforts from these key people?

Food Drive



Adopt-A-Highway

Adopt – A – Highway clean-up is scheduled for Sat. Nov 5th. We have our same spot from Osborne and 85th Ave, on East River Road. We will plan to meet at 9:00 am at the park on 85th Ave. It is a great event that lasts approximately 2 hours. What a great opportunity to bond with some fellow FWT ladies. Some of us go out afterwards to celebrate our accomplishment to keep Fridley clean. Please consider coming to help at this event.

I will have sign-up sheets at the Oct. meeting. Feel free to email me at dvarichak57@gmail.com if interested and can't come to the meeting.



Veterans Day Luncheon – Submitted by Dolores

FWT will be serving Veteran's Day luncheon on Fri. November 11th. We will need to be at the Fridley Community Center by 11:30 am. It lasts until 1 pm. What a great day to honor our Vet's. Please let me know if you're interested in doing this event by emailing me at dvarichak57@gmail.com. I will also have a sign-up sheet at the Oct. meeting.

AMAZING WOMEN!



A courageous young Yazidi woman, who survived sexual enslavement by ISIS militants, was named UN Goodwill Ambassador for the Dignity of Survivors of Human Trafficking on Friday for her efforts to bring global attention to the plight of the thousands of girls and women still in captivity. 23-year-old Nadia Murad has been speaking around the world to raise awareness of the women's plight, including at the UN Security Council last December where she gave an emotional account of the massacre of her fellow villagers and her subsequent months of enslavement. In a powerful tribute to Murad, after she was named one of the world's 100 most influential people by Time last April, playwright Eve Ensler wrote: "Nadia Murad stands in a long, invisible history of fierce, indomitable women who rise from the scorched earth of rape during war to break the odious silence and demand justice and freedom for their sisters."

The Yazidi people practice a religion that combines elements of Christianity and Islam so they are considered heretics by ISIS. Since ISIS invaded the Sinjar province in northern Iraq, they have kidnapped thousands of Yazidi girls and women who are used as sex slaves. Murad was living in the small village of Kocho in northern Iraq in August 2014, hoping to become a teacher, when ISIS invaded. Hundreds of men, including six of her brothers and stepbrothers, along with her mother and other older women who were considered undesirable, were murdered. Many of the village's girls and women were taken to the occupied city of Mosul where they were distributed as sex slaves to ISIS fighters. After months of abuse, Murad was able to escape and eventually made her way to a refugee camp.

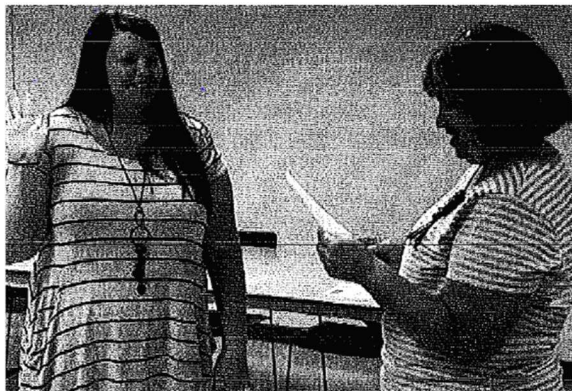
Since then, Murad, who has been nominated for the Nobel Peace Prize, has taken every opportunity to share her story and speak out on behalf of the more than 3,500 girls and women who remain in captivity. Prior to Murad's speech to the UN on Saturday, her lawyer Amal Clooney, a specialist in international human rights law, criticized the global response to the genocide of the Yazidi people, stating: "I am ashamed, as a lawyer, that there is no justice being done and barely a complaint being made about it. I am ashamed, as a woman, that girls like Nadia can have their bodies sold and used as battlefields. I am ashamed as a human being that we ignore their cries for help."

Clooney is now representing Murad on behalf of thousands of Yazidi victims in legal action against ISIS; Murad has said that she and other survivors "want to appear before a judge" at the International Court of Justice. In response to those who argue that ISIS needs "to be bombed out of existence," Clooney argued yesterday, "It's not enough. You can't kill an idea that way. I think one of the ways to take action is to expose their brutality and their corruption, and partly you can do that through trials."

During her calls for action to stop ISIS' campaign of terror which continues against civilians even today, Murad has also stressed the need for international attention to abuses against women worldwide: "All those who commit the crimes of human trafficking and genocide must be brought to justice so that women and children can live in peace — in Iraq, Syria, Nigeria, Somalia and everywhere else in the world. These crimes against women and their freedom must be brought to an end today." — *via A Mighty Girl*

A few things you may or may not have known about Molly-Jean Anderson!

1. What made you join the Fridley Women of Today? *Interested in getting to know Fridley/want to get involved in community.*
2. Where did you grow up? *Circle Pines, MN*
3. What is your super power? *Chiropractic*
4. As a child what did you want to be when you grew up? *Brain surgeon/Ballerina*
5. If you could travel through time would you go to the past or the future? If in the past when? *Past, 70's disco dance the night away*
6. What is your greatest talent? *Having fun*
7. If your house was burning and you could only save one item, what would it be and why? (Your family and pets are safe and sound!) *My blankie, couldn't sleep without it!*
8. If a movie was going to be made about your life who would you want to play you? *Jennifer Aniston, my husband has a giant crush on her*
9. When this song comes on the radio I turn it up and sing my heart out! *Any Adele song*
10. Name three things on your bucket list: *1. Stay in one of those bungalows overwater, 2. Ride in a helicopter, 3. Learn to sew*
11. Name one thing you would like to learn (skiing, piano): *Karate*
12. What is your biggest pet peeve? *Finger nail tapping*
13. Who has been your biggest influence? Why? *My parents, they are both always there and know just what to say no matter the situation.*
14. What are you the most grateful for? *FAMILY*
15. What is your worst habit? *Eating too much*
16. What is the most adventurous thing you have ever done? *Zip-lining*
17. What is the craziest thing you have ever eaten? Did you like it? *Crocodile and NO!*
18. Are you a morning person or night owl? *Morning*
19. What is the sneakiest thing you have ever done? *Accidentally steal things on the bottom of my cart at the grocery store.*
20. What is something about you that people would be shocked to learn? *I can't swim*
21. What junk food could you never live without? *Ice cream*
22. What Golden Girl would you choose to be? *Never seen the show ☹*
23. What makes you laugh the most? *Other people laughing*
24. Which would you rather do: wash dishes, mow the lawn, clean the bathroom, or vacuum the house?
Wash dishes
25. What was your favorite vacation? *Mexico*
26. What is your favorite curse word? *Shit*
27. What TV show or movie would we be surprised to find on your DVR? *Real Housewives (guilty pleasure)*



***New Member Molly during
the new member installation
with President Gidget!***

SAVE THE DATE! WINTER STATE CONVENTION



Winter State convention is hosted by the state organization as opposed to a chapter or district like Fall State and Annual. The convention co-chairs are in need of helpers for registration, door attendants for the various events, help decorating etc. If you are interested in helping please visit the Winter State facebook page at the link below:

<https://www.facebook.com/events/630647270445890/permalink/632701413573809/>

2016-17 MNWT STATEWIDE PROJECT – BUCKETS OF SUNSHINE “THE FIREFLY SISTERHOOD”

The mission of The Firefly Sisterhood is to foster one-to-one connections between women recently diagnosed with breast cancer and inspirational survivors. In reaching out to our communities, we've learned that when it comes to breast cancer:

- Emotional health and physical healing are linked.
- Family and friend fatigue is real.
- Connecting one-to-one with someone who has walked a similar path has a powerful effect.

Research by the American Cancer Society shows “treatment that deals with emotions and relationships (sometimes called psychosocial interventions) can help people with cancer feel more upbeat and have a better quality of life.” Strong personal relationships help reduce tension and anxiety in women with breast cancer, and may lower their risk of depression.

What MNWT Can Do For The Firefly Sisterhood?

Mostly, The Firefly Sisterhood needs even more exposure to people everywhere. They need women to know about them, find them, and volunteer or be supported by them. One reason The Firefly Sisterhood approached MNWT to support them as our 2016-17 Buckets of Sunshine Statewide Project is because we have many chapters in every area of Minnesota. Here are some ways MNWT Members and Chapters can help them...

Spread the Word: Actually TALK About It! Tell friends, family, co-workers, and neighbors about The Firefly Sisterhood. You can simply memorize this and say it every time it's appropriate: “I just heard about this great organization that emotionally supports women going through breast cancer diagnosis and treatment – it's called The Firefly Sisterhood. And women who have been through it are their mentors! If you know of anyone newly diagnosed or has been through it themselves, have them look up Firefly Sisterhood to see if they can be a part of this amazing support system!” On Facebook! You can Like, Comment, Share and Encourage The Firefly Sisterhood on Facebook. This is a great challenge to your chapter members!

Become a Mentor or Mentee!!: If you are diagnosed with breast cancer, please reach out to The Firefly Sisterhood. Research has shown that a supportive emotional network helps in your treatment! If you have been through breast cancer, please also reach out to The Firefly Sisterhood to share your experiences with others going through it currently! You will be a wonderful ‘sister’ to someone in a similar situation and you're sure to gain even more strength by connecting with another person going through a similar experience.

Donate to The Firefly Sisterhood: The Firefly Sisterhood is a non-profit organization. Every dollar they receive supports their program, matching inspirational breast cancer survivors and women coping with a breast cancer diagnosis. Help them grow and bring more light to women in need by making a donation. All donations are tax deductible. You can go to their website – www.fireflysisterhood.org - to donate.

If you would rather send a check, please make it out to The Firefly Sisterhood and send it to the following address: The Firefly Sisterhood 5775 Wayzata Blvd Minneapolis, MN, 55416 Be sure to mention you are a member of MNWT so we can track our impact on their organization this year! Also send a Transmittal and send it to mtkg-statewideproject@mnwt.org)

For information please contact Co-Chairs: Dawn Scouton & Sue Ellen Toppings: mtkg-statewideproject@mnwt.org

About MNWT Statewide Project-Buckets of Sunshine: Our Objective: To promote the Minnesota Women of Today while conducting the Buckets of Sunshine Project that raises funds, donates items, or otherwise helps the selected organization. This committee is charged with locating an organization that will benefit from our organization's efforts. In the past, we have donated monetary and gift items to organizations such as: Shriner's Hospital, Green Sneakers, Cheerful Givers, Mary's Place, Minnesota Coalition for Battered Women, Project Linus, Ruff Start Rescue, and Operation Minnesota Nice.

YUMMY FOR MY TUMMY RECIPE!

LOADED BAKED POTATO AND CHICKEN CASSEROLE

Submitted by Jenise

Serves 8.

Prep time: 1 hour and 30 minutes.

Ingredients:

2 lbs. chicken breasts

8 potatoes, cubed

1/3 cup olive oil

1-1/2 teaspoons salt

1 tablespoon black pepper

1 tablespoon paprika

2 tablespoons garlic powder

6 tablespoons hot sauce (I only used 1-2)

2 cups cheddar cheese, shredded

1 cup bacon, crumbled

1 cup green onion, diced

Directions:

Preheat oven to 500 degrees.

In large bowl, mix olive oil, salt, pepper, paprika, garlic powder, and hot sauce.

Add potatoes to bowl.

Coat baking dish with cooking spray.

Add potatoes, allow for excess sauce in the remaining bowl.

Bake potatoes for 45 minutes, stirring every 15 minutes.

Meanwhile, add cubed chicken to bowl with leftover sauce and allow to marinate while potatoes bake.

Mix together cheese, bacon and green onion in separate bowl.

Once potatoes are done, add the chicken then layer toppings over chicken.

Bake for an additional 15 minutes or until chicken is done and cheese is melted.



Ta~Da!

Kathy E-M, congratulations on your retirement! – Emily

Thank you to Gidget for opening up your home to us and hosting a really fun baby shower for Emily and Molly. – Kathy EM

Thanks Tammi for hosting Santa's Workshop planning meeting at your home. – Dolores

Gidget, thank you so much for hosting the baby shower. Yummy food and great company! – Emily

Thank you Jenise for getting us 400 bags and thank you Cheryl for asking SACA. – Tammi

Thanks Molly for doing Oct Inspirational message and Ice Breaker. – Dolores

Thank you Gidget for having the baby shower at your house. It was so much fun! – Tammi

Thanks Tammi for planning the Wilder Block Party volunteering event. – Dolores

Thanks to Jenise for planning the b-day social at Sticks and Stones. Hope all had a good time. – Dolores

Thank you to all of the Santa Workshop committee members! – Tammi

Thanks Tammi for keeping up with the website. – Dolores

Thanks Shirley for updating us on events happening at the state level. – Dolores

Thanks to all members for getting enough bags for SACA event. – Dolores

Happy Retirement month Kathy EM – Tammi

Thanks Tammi for letting us meet at your house for the first Santa's Workshop meeting. Also it was REALLY, REALLY nice & thoughtful of you to feed us too! Delicious and amazing spread! – Kathy EM

Thank-you Vicki for ordering name tags for all who needed them. – Dolores

Thank you Gidget for helping at our block party! – Tammi

Thank you Kathy EM for picking up the bags from Cub and storing them until we found new homes for them. – Tammi

Thanks everyone for making sure we have enough bags! – Tammi

Thanks Sarah for your newsletter each month-I look forward to it each month! – Tammi

Hoping all who attended state convention had a great time. – Dolores

Happy Birthday Patti-Oct 4 From Tammi

Happy birthday Sarah-Oct 6 From Tammi

Thanks to everyone that came to the baby shower. It was a lot of fun! I'll let you all know how accurate the pencil test is! – Emily

Dolores, Thank you for contacting the Fridley Key Club and Builders Club and getting several volunteers to help us with this years food drive – Kathy EM

Thanks Gidget for hosting Emily and Molly's baby shower at your home. – Dolores

Thanks Jenise for bringing us the state fundraiser updates. – Dolores



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.

