



## Girls Just Wanna Have Fun!

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January 2012

*Aitkin Women of Today*

## From Our President...

HAPPY NEW YEAR!

I hope you all had a most wonderful holiday season, and a safe, wonderful new year!! I know our family sure did!! I was able to take some time off work over the holidays and really spend some quality time with my family. That was SO needed in our house! Now we are busy planning gardens, and buying seeds to start in the next few weeks for the next planting season! Super excited to get my hands dirty!

We as a chapter had a busy holiday season too! Our Drop and Shop, Christmas party, Gift exchange, Toys for Tots, Ugly sweater party, and fellowship sure kept us laughing and enjoying the gift of being a part of this organization!

We have much to look forward too, and many of our own seeds to sow within our chapter. Did you know that Elections are just around the corner? What role do YOU see yourself playing in our chapter next year? Do you have any questions about a position? Being an active member of Women of Today opens many doors for you as an individual, or.. allows you to bloom into the amazing flower you know that you are!

Remember, NO task is too daunting; no position is too hard, because we have each other to depend on to help us through!

In friendship-  
Jessy

### UPCOMING EVENTS

Jan. 14 Membership meeting at MLEC, 6:30 social hour, 7:00 meeting

Jan 25-27 Winter State Convention

Feb 1 Board meeting at Jessy's



December Membership Meeting  
December 10th, Leslies House 6:30 pm

AGENDA:

Call to Order at 7:22 p.m.

Pledge of Allegiance- Jessi

U.S. Women of Today Creed-Roxy

Introduction of Guests:

Invocation-Amanda

Ice Breaker-Leslie-What kind of candy would you want your tuck filled with?

Parliamentarian- Jen-21/30 members. Quorum has been established.

-Orders of the Day

Secretary Report-Sarah-no changes or additions

-PALS-need to get a hold of Amanda and try to plan something

Treasurer Report-Suzanne- **School Picture Fund:** BB \$2,528.60, ET \$500, EB \$2,028.60, EMT \$1,100.00, AF \$928.60 **Safety Town:** BB \$7,003.37, AF \$7,003.37, **AWT Checking:** BB \$3,292.66, IT \$336.65 ET

\$1,062.03, EB \$2,567.28, EMT \$380(need to add \$500 for drop & shop), AB \$2,187.28(-500 for drop & shop)

State Delegate-Heidi

-Winter state Jan 25<sup>th</sup>-27<sup>th</sup> 9 members attending, advance reg. \$73 due by 1/10, will get 3 rooms, more info on car-pooling.

-District Meeting Feb. 23rd, Duluth-mark your calendar, more info to come!

Membership VP-Heather-growth +1. Welcome Angie!

-2nd trimester dues- all 9 members renewed-Roxy, Linda, Heather, Leslie, Lynne, Cathy, Sam, Amanda & Sarah. Renewal ceremony held.

Presidents Report-Jessy

Board Meeting-12/30-Location to be determined.

Programming VP-Leslie

-Certification night-11/15 at Leslie's house, 7 members, completed 5 Pers. Dev, 3 L & L, 4 H & Wellness, Leslie has extra forms if needed

-LPM Reports-fill out & return to Leslie ASAP

Programming Areas:

External:

-Coins for Causes-\$8.54

M/S/P Heather/Sarah I move that we round coins for caused up to \$20 and donate it to the Aitkin Area Food Shelf.

-Youth of Today- Dawn-Thank you to everyone that brought food for the food shelf collection & Toys for Operation Christmas. Will report total at next meeting. Gopher Game Fundraiser coming up. More info to come.

\*Safety Town-Jen

\*Drop and Shop- Leslie, Sarah- Dec. 8th 1:15-10 members, 2 non members, 207 children attended, plus adults. Potholders & Bake Sale started at 10. Lots of

P.R.-shared ads with retail committee, posters up, on TV & KKIN, Security State Bank & MLEC. Popcorn cost \$414, movie \$250, Prizes \$50, advertising-\$35. Donated \$40 to Kinship from Potholders.

-Bakesale, 12/8 -10:00 at Rialto-\$212.85

\*Easter Carnival-need chair 3/9 at Westside

\*OYA- Due November 1<sup>st</sup>-Jodie-haven't heard back from state about winner. Jodie will let us know when she hears something.

\*School Pictures- Nina/BillieJo

\*Memory Books-Amanda/Cathy

-Isaacs Foundation-Heidi-

\*luminary walk-winter state-our list of children we have known with cancer is long! Can still add names to the list for 2 more meetings. Will decorate bags & tie blankets 1/7 at Cathy's house at 6 p.m. Dinner will be served

-Community Connections- Sarah-called Molly Dox to see if they still need help with Aitkin County Operation-left message. 12/11-12/13 8-6 at Moose Lodge

\* Bell Ringing-11/24 10-6, Rang bells for Salvation Army at Paul-becks, 5 members & 3 guests, very full bucket-even had \$50 put in!

\*PDC Award-still waiting to hear results

\*Duck Races- Heather-no report

\*Community Meal- November 26th-Joy-14 members, 4 non members

-Womens Wellness- Sarah-Thank you to the 13 members that participated in the 8 week weight loss challenge. We lost 66 pounds as a team & placed 4<sup>th</sup> out of 31 teams..not bad! Joy lost most pounds, Leslie reported early or on time each week. In our Aitkin Chapter, Leslie was 1<sup>st</sup>, Sarah 2<sup>nd</sup> & Jessy 3<sup>rd</sup>. Thank you Leslie & Sarah for doing Healthy Diva Bingo Challenge. 3 members attended Women's Wellness Event on 11/17-great speaker, good lunch, made vision boards, face scrub & did some Zumba-definitely worth \$15!

Internal:

-Ways and Means-Leslie

\*Soy candles-last chance to purchase soy candles & mnwt clothing to be picked up at Winter State. Order forms on clipboard.

-Records and Recognition-Amanda-files have started to get scanned & uploaded onto jump drives from our file folders.

Amanda will make a demonstration at an upcoming meeting on how to use them & how to save new information on them.

\*success- Amanda-due Jan. 2<sup>nd</sup>, few ways to help boost our points: complete a certification, submit a project of the tri for project you chaired or buy something from ways & means promotion or state store(need \$12 to make minimum for success points.

-Living and Learning- Amanda-number of people who have completed their L & L certification. Amanda will

bring positive energy board to January's meeting and announce those people. Thanks to everyone who attended certification night and got them done.

\*Book Club-Jen-starting new book. Will meet to discuss at 3 on 12/30

\*pep course-Jen-6 members attended

-Newsletter- Heather-due 1/2

-Public Relations- Roxy-Thanks to those that have been putting pictures & articles in the paper...great P.R!

\*Winter State Flyer-Amanda shared the flyer she created.

Ongoing Business:

-Social Media- Heather/Amanda-Dustin Byrnes agreed to do the design of our website so it can be catered to our chapter. Amanda & Heather have been getting content in order to put in once it's ready, so progress is being made on the site. Don't forget we'd like to have some personal testimonies to put on there.

-Social Committee- Amanda/Heather-no report

\*Ladies Night Out- December 27th- Amanda Ugly Sweater Party-40 Club at 6:30-Check DacMart for sweatshirts, holiday games & prizes

M/S/P Amanda/Cathy I move that we have a \$25 budget for the Ladies Night Out Ugly Sweater Party.

-Cookie Exchange- Jessi-12/10 at Dec. meeting, 8 members participated, delish cookies!

-Ornament Exchange-didn't do

SUNSHINE-Jessi-\$8-Jody S. wins!

New Business:

January Winter Get together with kids-Jessy going to talk to Jodie & see if she would want to host this

March Bowling Event-need chair

Installation Banquet

Elections

Mid Year Evaluation

All American Chapter

Good and Welfare

Benediction- Amanda

MN women of today creed-

Adjourn at 8:41 p.m.

Submitted by Sarah Steinkopf

MN 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.

US Women of Today Creed:

We, the United States Women of Today are dedicated to serving our community and nation, are committed to strengthening our individual talents, and stand united by our friendship and belief in the future

*Celebrate!*



Birthdays:

none

Anniversaries

Soon to be Jessi and  
Jeremy's—January 19!



UPCOMING  
HOSTESS:  
Heidi

**This Month in History: February**

- **February 3, 1870** - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.
- **February 8, 1910** - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.
- **February 14th** - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.
- **February 20, 1962** - Astronaut John Glenn became the first American launched into orbit. Traveling aboard the "Friendship 7" spacecraft, Glenn reached an altitude of 162 miles (260 kilometers) and completed three orbits in a flight lasting just under five hours.
- **February 22, 1956** - In Montgomery, Alabama, 80 participants in the three-month-old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.



Nisswa Style Show

Fashionistas: Jody, Leslie, Amanda and Sarah!

Bring  
bake  
sale  
recipes  
to the  
meeting!

**Easter Carnival**

It seems weird to be discussing the Easter Carnival when Christmas was just a couple weeks ago. The Easter Carnival is scheduled for Saturday, March 9<sup>th</sup> at Westside Church. Please remember many hands make light work. I am hoping all of you will be able to help in one way or another. Even if you can't be there that day, I will need help finding workers for the games, ordering prizes and spreading the word for our event. We will also need many bakers for the Bake Sale that we have with the Easter Carnival. I will have a sign up sheet at our January meeting. Be sure to check your calendar and see if you are able to help out.



~Sarah

## Isaac's Journey

By this publication, we would have completed our project of decorating luminaries for the Walk at Winter State. We will be making a motion to donate \$5.00 per luminary at our meeting. Come prepared to second the motion and encourage our members going to Winter State to participate whole heartedly in this event! I will also be taking orders for t-shirts, sweatshirts, cookbooks, calendars, and misc. articles for Isaac's Journey. I will be bringing back any items that you order from convention. They will be available at our February meeting. ~Heidi

## District Meeting

District Meeting is scheduled for February 23rd. Please get it on your calendar, and more information will be forth coming...

## WAYS & MEANS

Thank you to everyone who supported the Ways and Means area in 2012. I can't wait to find out what our 3<sup>rd</sup> Trimester fundraiser will be. I will bring back the news after Winter State Convention. Keep up the good work for 2013!  
Leslie W&M LPM

## PROTEIN SHAKE

- 1 cup plain yogurt
- 1 c. fresh or frozen fruit
- $\frac{1}{4}$ - $\frac{1}{2}$  cup coconut milk (canned)
- 1 scoop protein powder
- $\frac{1}{2}$  c. water
- \*\*Combine in blender until smooth



I bought the protein powder from Gramma's Pantry. It was kind of expensive, but it goes a long way. Also, I usually cut this recipe in half. One half makes a big glass.

~Recipe courtesy of Leslie

## Make Your Next Move with Membership!

We are due for an M-Night!! I am planning a game night for February at my house. What do you need to do? Let me know which of these dates will (or won't) work: Feb. 8, 15, or 22nd. These are all Friday nights. Also, bring a couple of names of people you think would be interested in joining our awesome group of gals. I will be more than happy to send invites and make phone calls to anyone who's information you give me. Our membership grew both 1st and 2nd trimester—let's finish the year with a bang! ~Heather



## Ugly Sweater Party

Our Ugly Sweater Party was a fantastic evening filled with lots of laughter and wonderful fellowship. We met at the 40 Club on Thursday December 27 for a few drinks. We had 7 ladies participate in this Ladies Night Out. I prepared some holiday movie quotes trivia, complete with buzzers to ring in for a guess. Leslie, Heather and Joy's team ended up with the win and took home some martini mixes as their prize. Joy also won the ugliest sweater and got a wonderful wine glass cozy with Ladies Night Out written on it. But ultimately, everyone won because it was just an all around fun night and exactly



the kind of festive atmosphere we look forward to creating at these social events. Thanks for the great time ladies! Anyone who wasn't able to be there will have to be sure to attend next time!



~Amanda

Bring bake sale recipes!

## DROP & SHOP

Thanks, once again, to all who worked and baked for the Drop & Shop. It was a huge success with many compliments from the Ri-alto staff, the Chamber of Commerce, and attendees. A huge thank you to Kirk for the collaboration with this project. He did discount the movie for us. Between our budgeted amount and the bake sale, we actually profited nearly \$10!!! Of course, it was not meant to be a profit making project, but we didn't go in the hole! Let's put it on the calendar for next year!



Leslie and Sarah



### Drop and Shop Elves!

Sarah, Joy, Leslie, Sam, Amy, Emily, Jessi, Jody, Jessy, and Suzanne

## Youth of Today

Like Basketball? Like Gopher Women's Basketball? Here's your chance to go see a game and benefit a Women of Today program. This is a fundraiser for the Outstanding Young Adult Scholarship. Come and watch the Gopher Women take on Northwestern on Sunday, February 17th at 2pm at Williams Arena in Minneapolis! Tickets are only \$10 each so it's a great way to spend the day with your family and catch a game. If you are interested in tickets, orders need to be turned in by Thursday, January 17th. There will be a sign up sheet at the next meeting. If you want to get tickets but won't be at the meeting, call or text Dawn at [218-838-0966](tel:218-838-0966) to get signed up. :)

~Dawn

## Ella's Halo

Buckets of Sunshine Project for 2012-2013 is Ella's halo. This will be turned in at Winter State Convention. We are going to be donating tied blankets for this project. By the time of our meeting, we will have finished our project of tying the blankets. I will be reporting on how many we will be donating at our membership meeting. Thank you to anyone who helped on Monday Night!

~Heidi

## Holiday Fudge

2/3 c evaporated milk 2tbsp butter 1 2/3 c sugar 1/2 tsp salt 1 1/2 semi-sweet chocolate chip 1 tsp peppermint extract 1/2 c chopped nuts 1/4c crushed candy cane's 2 c miniature marshmallows combine milk, butter, sugar and salt in saucepan over medium heat. bring to a boil. cook 4 to 5 minutes, stirring constantly. remove from heat. stir in peppermint extract, marshmallows, chocolate chips, and nuts. stir until marshmallows melt and blend. pour into buttered 8 inch square pan. sprinkle crushed peppermint over fudge. cool. cut into bite sized pieces. makes 64 pieces.

~Recipe courtesy of Angie



## Public Relations

Just a note - thanks to each of you who do Public Relations with every project. It makes a difference - people know who we are and what we do. We will be submitting a flyer at Winter State - a big thank you to Amanda for creating one - Get the Word Out -

Roxy Appel Wigton, PR LPM

## Women's Wellness

### Fitness Quiz

How many calories make up one pound of fat?

- 35
- 3,500
- 5,000
- 35,000

A pedometer measures:

- Your heart rate
- Calories burned
- Your step count

No pain, No Gain?

- True
- False

What is the most balanced exercise plan?

- Walking, weight lifting and yoga
- Running, weightlifting and tennis
- Running, kickboxing and yoga
- Running, weightlifting and cycling

### Happy New Year!

I am guessing like myself many of you are hoping to shed a few pounds and make some healthier choices this year. I am working on putting together a 6 week weight loss challenge. I will have more details at the January meeting. Please think about joining me in the challenge. It will be very similar to the challenge we did with MNWT. I will also send out an e mail with details for those of you that won't be able to be at the meeting.

Thank you to Heather and Leslie for attending the Women's Wellness Event with me on November 17<sup>th</sup>. We had a very great speaker with Jumpstart Your Metabolism. Check out her website at [weightandwellness.com](http://weightandwellness.com). We also made vision board, face scrub, zumba and got to try out rollers. I would like to do a mini Wellness Event for our chapter before our year is over. I will keep be sure to keep you posted with details if this happens.

~Sarah, Women's Wellness

### Community Connections

I am proud to announce that one of our members, Jackie Kiehms will be receiving the Outstanding Person with Developmental Challenges Award at Winter State Convention. Congratulations Jackie! You are very deserving of this award. I hope you are all able to make it to convention and watch Jackie receive her award!  
Sarah, Community Connections LPM

Bring  
bake  
sale  
recipes  
to the  
meeting!

### Winter State Convention

Who is ready to attend some fantastic forums, Saturday Night Awards Banquet, and Friday night "Party like an 80's Rock Star"? So far, quite a few of us, that's who... There is plenty more room for anyone interested in one of the most fun filled conventions, Winter State!

Full registration is \$73.00, postmarked by Jan. 10th, 2013. Rooms are \$99.00 (divided by how many stay in the room). I took care of our room reservations, and will take care of car pooling and goodie bags for the weekend. You take care of getting away and enjoying some highly needed down time after the holidays. The Aitkin girls are going to "Party like an 80's Rock Star" and come in the best costumes ever! ~Heidi, State Delegate

### PLAY WITH PROGRAMMING A WINNER!



Okay all of my lovely LPMs. Bring your cards to the membership meeting. There WILL be a winner!! Sarah has won both prizes, so far, but you never know when her luck will run out! (Sorry, Sarah!) Thank you to all of you for turning in your LPM reports. Have a good second half of the year! Leslie PVP

# Sunny Notes

I hope everyone has a wonderful New Year ahead of each any every one of you. Make it eventful, entertaining, educational, and exciting. That means something different to each of us, no two people will be the same. Make it **your** eventful, entertaining, educational, and exciting year. That is my New Year's wish to you!

~Heidi

Thank you, Leslie, for hosting our December meeting at your place. What a fun time! Thanks to everyone that brought something to share. The food was delicious!

~Sarah

Thank you Jessy for being such an awesome Secret Santa!!

~Sarah

Thank you Jessi for chairing the cookie exchange! The cookies were all yummy. I shared them with many people and got nothing, but good compliments. We are some awesome bakers!

~Sarah

Thanks Amanda for all your hard work with scanning the binders onto zip drives. You Rock!

~Sarah

Congratulations Jackie on your award! You are very deserving of this award. I enjoyed getting to know you more while nominating you for the award.

~Sarah

Congratulations, Jessi on your upcoming wedding! I am so incredibly excited to have you officially as a sister. I couldn't imagine our family without you!

~Heather

Mom, I couldn't have asked for a better Secret Santa! Thank you for all the thoughtful gifts!

~Heather

FYI:

Clean out your kitchen drawers and bring in those random paper plates, cups and plastic wear to the January meeting. The hostess box is in need of a re-fill! Or stop by the dollar store and pick up a cheap donation. Let's all chip in!



**Suzanne La Lond**  
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Check us out at: [www.mnwt.org](http://www.mnwt.org)  
Next membership meeting:  
December 10, 2012  
Leslie Goble's house

January Membership Meeting  
6:30 MLEC, January 14th

AGENDA:

Call to Order  
Pledge of Allegiance-  
U.S. Women of Today Creed:  
Introduction of Guests:  
Invocation-Amanda  
Ice Breaker-Leslie  
Parliamentarian- Jen  
-Orders of the Day  
Secretary Report-Sarah  
-PALS-  
Treasurer Report-Suzanne  
State Delegate-Heid  
-Winter state Jan 25<sup>th</sup>-27th  
-District Meeting Feb. 23rd, Duluth  
Membership VP-Heather  
-installation ceremony  
-M-night, Feb  
Presidents Report-Jessy  
-board meeting  
Programming VP-Leslie

Programming Areas:

External:

-Coins for Causes  
-Youth of Today- Dawn  
\*Safety Town-Jen- June 10-14  
\*Drop and Shop- Leslie, Sarah- Dec. 8th 1:15  
-Bakesale, 12/8 -10:00 at Rialto  
\*Easter Carnival-Sarah- March 9th  
\*OYA- Due November 1<sup>st</sup>-Jodie  
\*School Pictures- Nina/BillieJo  
\*Memory Books-Amanda  
-Isaacs Foundation-Heidi  
\*luminary walk-winter state  
\*blanket ties- Cathys house, Jan. 7th 6pm  
-Community Connections- Sarah  
\*PDC Award-  
\*Duck Races- Heather  
-Womens Wellness- Sarah

Internal:

-Ways and Means-Leslie  
-Records and Recognition-Amanda  
\*success- Amanda  
-Living and Learning- Amanda  
\*Book Club-Jen  
-Newsletter- Heather, Jan. 30th  
-Public Relations- Roxy  
\*Winter State Flyer

Ongoing Business:

-Social Media- Heather/Amanda  
\*mission statement  
-Social Committee- Amanda/Heather  
\*Ladies Night Out- December 27th- Amanda  
SUNSHINE- Jody S.

New Business:

January Winter Get together with kids- Ice Skating?  
March Bowling Event-Roxy  
Installation Banquet-Suzanne  
\*nominations ballot-Suzanne  
Mid Year Evaluations-Jessy  
All American Chapter-Jessy

Good and Welfare

Benediction- Amanda  
MN women of today creed-  
adjourn

MN 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.

US Women of Today Creed:

We, the United States Women of Today are dedicated to serving our community and nation, are committed to strengthening our individual talents, and stand united by our friendship and belief in the future

## 2013-2014 Elections

It is time to start thinking of our 2013-2014 officers! If you would like to know more about any particular offices, talk to this years' officers or talk to Suzanne (Chairman of the Board). Below is a form that you can put your name on, if you are interested. You can also suggest anyone in the chapter who you feel would be a good fit for one of the offices. Please fill this out and bring it with you to the January membership meeting. If you cannot make the meeting, just get the form to Suzanne or any one of the board members.

President \_\_\_\_\_

Programming Vice President \_\_\_\_\_

Membership Vice President \_\_\_\_\_

Secretary \_\_\_\_\_

Treasurer \_\_\_\_\_

State Delegate \_\_\_\_\_

\*There is an excellent training program for any of the offices in April.