



AITKIN WOMEN OF TODAY

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Pumpkin Patch

Come check out the Pumpkin Patch this Sunday from 11am - 2pm at the Aitkin City Park! Even if you are unable to help for the entire event, we can always use hands for set-up or tear-down. Looking forward to seeing all of you!



A word from our president...

Ahhhh.. Fall colors, autumn smells, heating bills... WAIT!! My fantasy!! SIGH!! At least we haven't seen any SNOW yet!! YAY!!

I want to put a HUGE shout out and THANK YOU to Leslie Goble and Suzanne Lalond for all of their work on Women of Today week!! Not only did we have a HUGE article in the paper (did you see it), we celebrated at our convention brunch, had fantastic random acts of kindness, toured and tasted the goodies at the Winehouse in Crosby with our PALS (Brainerd), Had breakfast at the Birchwood, wore our AWT t-shirts and handed out flyers, AND we cleaned up the highway!!! We certainly put out ALL the stops and had a BLAST doing it!

CONVENTION was SO MUCH FUN!! I haven't had an opportunity to attend a convention in over a year. I AM SO GLAD I WENT!! (Thank you Dorothy!!) I arrived Friday evening with my chauffeur Heather, attended the project fair (Heather will brief you on this at our meeting I am sure!) I had coffee with our State President Laura Gaylord and we had the most fantastic discussion about our dogs!! I attended the Presidents Round Table, the Membership Committee Meeting, AND met with several State Staff to learn more about what it MEANS to participate at the State Level! We attended a beautiful awards program, a BOOT SCOOTING, GIDDY-UP'en good time dance, and I was put in JAIL by the EVIL SHERIFF!! (luckily I was bailed out)

All in All, it was amazing. I cannot WAIT till our winter convention in January!! It is a Mardi Gras theme!! So... START SEARCHING NOW for masks gowns, and beads!! I want AITKIN to ROCK ATTENDANCE at this convention, MAKE SOME NOISE, and let the state know that WE are HERE!! (not that there is any question about that!!)

I hope you all come to our membership meeting in COSTUME!! I am working on mine RIGHT NOW!!

With EXCITEMENT!! Jessy

Dates to Remember

- Oct. 12 Pumpkin Patch, 11:00am - 2:00pm, Aitkin City Park
- Oct. 13 Membership meeting, 6:20 social, 6:45 meeting
- Oct. 20 Project Review committee meeting, 7:00pm
- Oct. 27 Board meeting, 7:00pm, Heather's house

September Membership Meeting
Monday September 8th MLEC 6:30 social 6:45 Meeting
Hostess: Jolene / Joy

Attendees: Heather Goble, Leslie Goble, Cathy Olson, Roxy Appel Wigton, Suzanne LaLond, Jessy McShane, Jessi Goble, Jolene Gansen, Amanda Byrnes, Samantha Rassier, Michelle Elias, Emily Bellah, Jackie Kiehm, Dorothy Dotzler

AGENDA:

Call to Order: 6:50 pm

Pledge of Allegiance- Dorothy

U.S. Women of Today Creed: n/a Joy Roxy

Introduction of guests: Tina & Michelle

Invocation- Jolene

Ice Breaker- Jolene: favorite holiday & why

OFFICER REPORTS:

Orders of the Day- Heidi: Emily, Jackie, Michelle, Samantha; quorum established 14/32

Secretary Report- Suzanne – motion made at the board meeting to donate \$25 to the State Plan of Action.

-approval of August Minutes - approved

-PALS - Wine Time- Leslie Tour of The Winehouse, in Crosby, either Sept. 22 or 25, at 7:00. Sign up sheet being passed around. Costs are \$75-200 a batch for 28-29 bottles of wine.

\$55 on premise fee (one time) to process wine, corks, foils and custom labels. Bottles are \$1.30-1.70 each or you can bring your own, but no screw on lid bottles. When wine is ready, they call us and we bottle it, foil it, and label it. They also have many cooking oils for tasting and purchasing.

Treasurer's Report- Roxy SP fund 5681.10 income \$0.00, exp \$0.0, EB \$5681.10, ST BB \$3663.55, inc \$0.0, exp \$0, ED \$3663.55, Reg BB \$6678.35, income 287.18, exp \$1307.35 EB \$5658.18-Budget Approval: **M/S/P:Jessi/Dorothy** I make a motion that to accept the amended budget as written.

Audit- Dorothy, Leslie Goble, Cathy Olson, We met on Sept 4 and spent 2 hours reviewing the paperwork from last year. All of the 2013 paperwork is kept in a very organized manner with no issues found. Great job Roxy! We complete the audit worksheet for all 3 checking accounts and have found only 1 item that is not able to be checked off as we could not locate the sales tax worksheet started for 2014. We also recommended that the checking account bank statement is printed online, that a copy of the checks are also included as to see the signatures of who signed the check in future audits. Check with financials to see if their online banking allows you to view cleared checks.

State Delegate- Heather- Fall State Convention Sept 19-21st – **M/S/P Heather G/Amanda B:** I make a motion that we send our Fall state convention delegation to convention undecided in regards to the State Priority bid, with the understanding the chapter is currently in support of Shriner's Hospital.

Fall State Convention, Sept. 19-21, Crowne Plaza, Plymouth, Theme – Kickin' It Country, Those who have signed up: Leslie G., Heather, Roxy, Cathy, Heidi, Jen, Jessy? – Please let me know if you are interested in carpooling. I will be leaving my house around 4:30., We need to choose a new priority project: Breaking Free – An organization dedicated to providing support, housing, and basic needs to victims of sex trafficking and prostitution. Shriner's Hospitals – An organization dedicated to providing medical care and support to children and their families.

District meeting, Aug. 15, First Lutheran Church, Brainerd, Attending: Heather and Leslie G., There are still District

programming manager positions open for: Public Relations, Ways and Means, Isaac's Journey, and Records and Recognition. Anyone interested in filling these positions, please let District Director, Mindy Roberts, know., Motion made at district meeting – A motion was made that we send \$50 worth of gift cards for the state wide marketing project, New Beginnings. Deina Mesch-Wenner amended the motion to read that the \$50 would be put towards adopting a bathroom at the New Beginnings housing., Duluth would like to invite us to their 10th Anniversary party on Sept. 28, 1pm, We won chapter attendance!, Project of the trimester award went to Longville with their "Redneck M-Night", District Meeting – 11/23, 11 am Duluth, Spring district meeting in Hibbing March/April.

Membership VP- Heidi – M-Night has been scheduled for Sept 14, Sunday at 3 pm. We will be doing a "Grillin" silly supper. Please invite prospective along with any significant others aht spend a tremendous amount of time helping us. Sign up sheet is going around for some items and areas I need help with. Please RSVP so I know how much food to prepare! Thanks Heidi 651-303-5964 cell. PS bring your beverage of choice and a chair.

-Silly Supper- September 14th 3pm Heidi's House

-Annual Family Campout- Leslie G. AWT Family Campout was held from August 22-24, at Libby Dam, on Big Sandy Lake. A good time was had by the Gobles, McShane, Russells, LaLonds, and friends, Chris and Joe. There were a total of 5 members and 8 guests

Chairman of the Board- Heather

Presidents Report- Jessy – thanks handed out

-Board Meeting, September 29th @ the Library, not available yet, Jessy's

-Challenge of the month-BLISS JARS

-State Plan of Action donation

-Next meeting will be October 13th- Heather Goble is hostessing – costume contest – please come dressed to win.

Programming VP- Leslie I will be unofficially taking over PVP. Just passing info onto membership. Need to know how many LPMs completed their fast start-Leslie, Annette, Joy, Jolene, Dorothy,

PROGRAMMING AREAS:

External

- **Coins for Causes** \$8.62. M/S/P – Suzanne/Amanda – I move that we round up coins for causes to \$25 for Aitkin Little League.

Youth of Today- Roxy – looking for Aitkin area nomination

- Coats for kids- Roxy Grange to help

School Pictures- Nina – issues brought up by membership that worked the event: no cash/change, hats – yes or no, good flexibility to pay online. Need to address contract issues.

Kids Week- Brenda/Leslie August 18-21st Was held August 14-25. Bowling on August 14 at the Aitkin Lanes; Community Potluck on August 17 at the Aitkin City Park; and farm visits to Gilby's Apple Orchard, MN Cranberry Company, Lemire's Maple Syrup, and Gun Lake Potato Farm. Twelve members were involved, one way or another, and 46 guests. A big thank you to Heather for putting together the posters and postcards. 50 posters were placed around town and 200 postcards were given to the Aitkin Public Library, EXTRA for kids, and the public at the Riverboat Days Parade.

Thank you to Dorothy, Jessy, Sam, Heather, and Roxy for getting posters up around town and to Roxy for passing them out during the Kiddie Parade. Articles were put into the NewsHopper, the Age, and Bargain Hunter, and a blast went out through the Chamber of Commerce, an e mail sent out to the community through Amy Wyant, and posted on Facebook, thanks to Jessy. There was a total of 147 hours put into this project. Leslie and Brenda

Isaacs Foundation- Annette Schwans fund raiser in Oct/Nov

Community Connections- Dorothy – Candidate for Outstanding Person with Developmental Challenges (OPDC) – looking for new nominations due in by Nov 1st.

Camp Friendship donations – taken to Fall State Convention weekend of Sept 19

-PDC nomination

-PUMPKIN PATCH- Heather/ Dorothy October 12th 11-2, meeting 09/15 at Heathers. We had a committee meeting on Aug. 25, all areas are underway, we are waiting to hear back from Deb Flowers in regards to their pumpkin crop – fingers crossed! Next committee meeting will be on Sept. 15th at Heather's house– all are welcome to attend Those who have signed up to help the day of the event – Annette, Heidi, Leslie, Roxy (potholders), Jessy M., Jessi G., Heather, Dorothy, We need all the help we can get!

-CS Auction- Jessi (reveal) **M/S/P – Amanda/Cathy O** – motion that we purchase a plaque for the AADA playground area from the \$500 earmarked funds for the Community Service Extravaganza.

Questionnaire on clipboard to decide if we want to do the event again this year, do every two years, or scrap altogether. Sign up on clipboard. Need chapter support of at least 6 committee members to be able to move forward on project. **Decided to do doing project in 2015. Majortiy to do every two years so will readdress for 2016.**

AADA Swing set – playground area has been completed.

Ordering plaque to show it was donated by AWT and MNWT foundation. Will do ribbon cutting and PR once plaque is done, hopefully this month yet. -Fall Highway Cleanup- Heidi Sept. 28th – scheduled for Sunday Sept 28th at 3 pm, met at Heidi's.

We will spot our vest, clean the highway, and come back to have an early dinner of hot dogs and potluck items. Please try to RSVP, Heidi, 651-303-5964. And bring beverage and chair for yourself.

Women's Wellness-Heidi – Becky Lysen, WW SPM, has a 2nd trimester challenge coming up for “Le'ts Get Physical”...Can't wait to see what that is all about. In the meantime keep practicing “Mind over matter” and start each day with “It's going to be a great day!” PS coming to convention, bring your sneakers as we are working out in the mornings!

(BREAK)

INTERNAL:

Ways and Means- Joy – stepped down, no volunteers at meeting.

-Pumpkin Patch Bake Sale- Leslie Will be held during the Pumpkin Patch, on October 12, 2014, at the Aitkin City Park, from 11:00-2:00. PLEASE bake away for this. Items that go well at this sale are breads, fudge, cupcakes, cookies, bars (esp. pumpkin and carrot), snack mixes, pies, popcorn balls-anything decorated with a Halloween them. No canned goods or refrigerated baked goods are allowed. Please remember to wrap or place your items in some kind of sealed bag. Also, note on

the bag, what the item is, especially if it has nuts in it. I will do the pricing. Get items to me on October 11 or bring to the Patch by 10:00 on that day. Thank you! It will certainly benefit our Ways & Means area!

Records and Recognition- Amanda – Thank you Cathy for submitting Success for me for this tri.

Living and Learning- Jolene – will look into a PEP course, see newsletter for more info. Leslie G, Jessy M and Jolene completed certifications

-Women Who Impact award – **M/S/P – Leslie G/Cathy O** – I move that we nominate Joy Janzen for the 2014-2015 Women Who Impact Award. Leslie to complete

Newsletter- Heather

-Articles Due October 1st

Public Relations- Leslie G. Continue to let me know if there is an event that you need help with for PR

-Social Media- Amanda – no report

-Women of Today Week Sept. 21st-27th - Leslie/Suzanne Will be celebrated Sunday, Sept. 21-28. Pass around reminder sheets.

9/21-Fellowship brunch at convention; 9/22-Possible tour of The Winehouse; 9/23-Random Act of Kindness Day; 9/24-6:45

breakfast at Birchwood; 9/25-Possible tour of The Winehouse;

9/26-Wear your AWT Shirt Day/Give an AWT brochure to

someone; 9/28-Highway Cleanup and potluck at Heidi's. See

your newsletter for ideas for Random Act of Kindness Day-

signup sheet being passed around. Any questions? Leslie and

Suzanne

-Day at the Diamond- Sept. 7th Was held on Sept. 7 at 1:10.

Although the Twins lost soundly, and although the train was

delayed, it was a beautiful day at Target Field for 2 AWT

members and their 11 guests. Thank you to Dorothy, and her

friends, that attended the game with myself and family and

friends.

NEW BUSINESS:

Project Review Committee- Jessi/Heather/Jessy/Dorothy

M/S/P – Heather G/Amanda B – I move that we donate \$500 out of the SPF to the 5th grade Long Lake Conservation Center field trip.

M/S/P – Leslie G/Amanda B – I move that we donate \$50 to new beginnings Baby Shower @ Fall State Convention.

Sunshine-Leslie Please keep me informed of any Sunshine

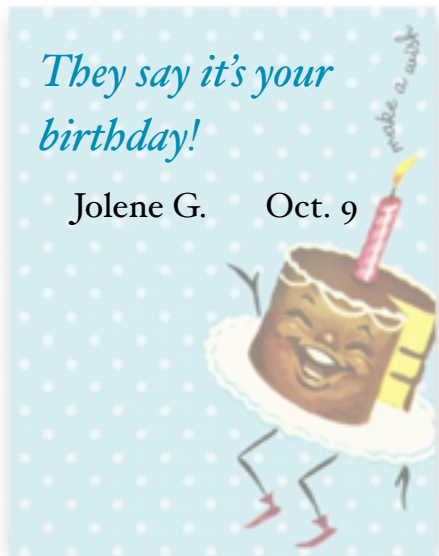
'needs' as listed in your July newsletter. Thank you was sent to

Amy Krauchaar for her service w/AWT – \$ 6 winner Heather

Good and Welfare

Halloween Meeting

Oct. 13, Social 6:20, Meeting 6:45
Prizes for the most creative
costume, spookiest costume, and
best overall costume!!



Membership Vice President

There are two membership rebates for 2nd Trimester! The first is sign 3 members and achieve chapter growth, and we will receive a \$20.00 rebate. Sign 4 new members and the 5th member is free! That is a \$45.00 value. Let's see if we can earn a rebate for our chapter this trimester!

2nd Trimester Challenge! If we participate in "Change the World" Weeks (October 26th - November 1 and December 7 - December 13th) by holding a Social or M-Event, we will receive a \$10.00 MNWT State Store Gift Certificate! I will organize participation during each week, and the second one is covered with our Holiday Party during the chapter meeting. Any ideas about the October 26th - November 1st, please share!
Heidi, Women's Wellness LPM

Women's Wellness

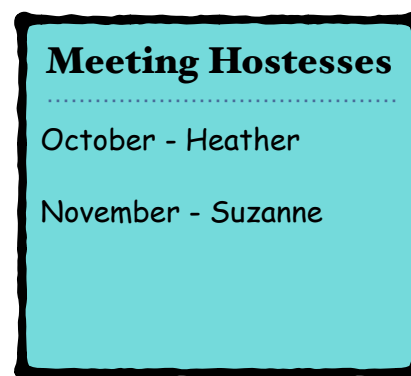
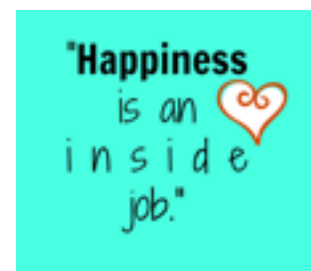
2nd Trimester Challenge!

- 1) Donate \$25.00 to FARE (Food Allergy Research & Education) or March of Dimes, or work March of Dimes event.
- 2) Send a picture of a healthy snack served at your meeting.
- 3) Hold a Women's Wellness challenge - create and submit to me.



So, in the spirit of the Women's Wellness challenge, I challenge every one of you to exercise 15 minutes a day for 5 days of the week for the month of October (what is left). Then, we go to 20 minutes a day for 5 days of the week for the month of November. Finally, we go to 30 minutes a day for 5 days of the week, for the month of December (when all the eating is taking place). We will all feel better about ourselves, and as Becky Lysen, WW SPM, says, "Let's Get Physical" in 2nd Trimester! All participants will go in a drawing for a nice prize at the end of the challenge.

Heidi, Women's Wellness LPM



Living and Learning

Hi. I hope everyone is having a nice Autumn so far?

I am looking forward to a PEP Course in months to come with many of you. I think there are some great topics to explore. Here is the list:

- *Communications.....*Motivation
- *Leadership.....*Personality
- *Time Management.....*Stress Management
- *Team Building.....*Financial Management

A course could be as short as 30 minutes or 1 hour (or up to 2 hrs). I would be willing to have the shorter 30 minutes to 1 hour course if paired up with another short program going on for the night. I will ask for suggestions at our next meeting.

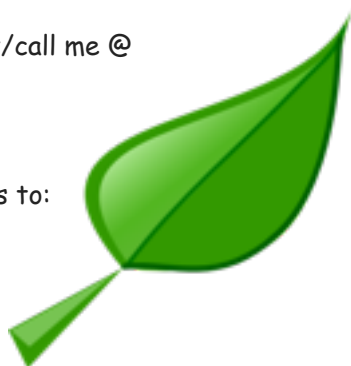
Also think about certifications for Living and Learning, Health and Wellness, and Personal Development. These are easy to complete. I may ask for a certification night as well for a group to work on together. Things as easy as: having a physical, dental appt., watching a funny tv show or movie, certifying in CPR or First Aid, learning or teaching something new, taking an educational course, or giving a speech. The only requirement is to have 15 out of the 30 areas on the sheets.

*Please ask if questions text/call me @ [218-670-0083](tel:218-670-0083) or email me @ joleneanggansen@yahoo.com

Please forward certifications to:
 Tevyan Sorensen, Living and Learning State Program Manager
 15709 Forest Circle
 Burnsville, MN 55306

Also the website to look up certification sheets is: www.mnwt.org

Thanks and have a nice start to October.
 Jolene Gansen, Living and Learning LPM



Women of Today Week

What a great week we had! The week before kicked off Women of Today Week with the signing of the Women of Today Week proclamation by Mayor Gary Tibbetts. Then, there was that wonderful article in the Age! On September 21, Sunday, a few of us attended the fellowship breakfast at the MNWT convention in Plymouth. On Tuesday, 9/23, many of shared a 'random of act of kindness' with a fellow AWT member. Can't wait to see what those were and who had whose name. On Wednesday, 9/24, many of braved the darkness and had breakfast at the Birchwood. Thursday, 9/25, found 17 of us at The Winehouse for a tour and educational session on cooking oils and vinegars, not to mention the wine that we made! Finally, a thanks to Joe, Gaylen, and Mark for joining us to clean up Highway 28. A delicious picnic followed. Good job AWT members! Leslie and Suzanne

Guess Who?

- I lived on a farm.
- My first pet was a cat.
- I delivered newspapers.
- I lived in Brainerd for a few months.
- I was born on the hottest day of the year.
- I was the only girl born that day.
- My great-great grandpa was from Germany.
- I have had fish, birds, guinea pigs, a rat and dogs, besides cats,
- I started my own business.
- I love reading and listening to country music.
- I enjoy walking and listening to nature.



September Membership Meeting
Monday, Oct.13
MLEC
6:20 social, 6:45 Meeting
Hostess: Heather

AGENDA:

Call to Order
Pledge of Allegiance
U.S. Women of Today Creed
Introduction of guests
Invocation- Jolene
Ice Breaker- Jolene

OFFICER REPORTS:

Orders of the Day- Heidi
Secretary Report- Suzanne
-approval of August Minutes
-PALS - Wine Time- Leslie
Treasurer's Report- Roxy
-Budget Approval
-Audit- Dorothy (call for committee)
State Delegate- Heather
- Fall State Convention Sept 19-21st
-District Meeting- Nov. 23, 11:00
-Winter State Convention, Jan. 23-25,
DoubleTree, Minneapolis
-By-law change
Membership VP- Heidi
Chairman of the Board- Heather
-Redistricting survey
Presidents Report- Jessy
-Board Meeting, Oct.27, 7:00pm,
Heather's house
-State Plan of Action donation
-Next meeting will be Nov. 10, Suzanne
hostessing
Programming VP- Leslie

PROGRAMMING AREAS:

External- Coins for Causes
Youth of Today- Roxy
- Coats for kids- Roxy

School Pictures- Nina
Isaacs Foundation- Annette
Community Connections- Dorothy
-PDC nomination – Roxy / Dorothy
-PUMPKIN PATCH- Heather/ Dorothy
October 12th 11-2
-CS Auction- Jessi (reveal)
-Fall Highway Cleanup- Heidi Sept. 28th
Women's Wellness-Heidi

(BREAK)

INTERNAL:

Ways and Means- Joy
-Pumpkin Patch Bake Sale- Leslie
Records and Recognition- Amanda
Living and Learning- Jolene
-Women Who Impact award
Newsletter- Heather
-Articles Due October 1st
Public Relations- Leslie G.
-Social Media- Amanda
-Women of Today Week Sept. 21st-27th
Suzanne / Leslie

NEW BUSINESS:

Project Review Committee- Jessi/Heather/
Jessy
Library Christmas event
Walk to School day – Oct. 6

Sunshine - Heather

Good and Welfare
Benediction