



AITKIN WOMEN OF TODAY

A word from our president...

Happy HOLIDAYS!!

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Winter time descends on us once again, and we find more ways to stay inside and STAY WARM!! Hopefully this year won't be as chilly as it was last year! I hope you all are planning to come to our membership meeting on December 8th at Leslie Gobles house! She always has a lovely warm atmosphere and decorations! Bring a pot luck dish to share!!

Are you planning on bell ringing this year? Contact Dorothy if you are interested! Its a GREAT way to get out into the community and meet lots of people!

Heidi is challenging us to STAY fit over this holiday season!! Did you know that 80% of what your body looks/feels like is due to diet?? You can exercise all day long, but if you put bad stuff in, you won't get the results you want! Its okay to splurge, but remember to eat CLEAN inbetween!! I follow the 90-10 rule during the holidays 90% super amazing healthy stuff, and 10% JUNK! That way I can indulge a bit, but not feel guilty about it come late January!!

There is so much to do and see this time of year! Everyone has their family traditions! One of my favorite that I remember as a child and we still do each year, is the family car ride tour of lights! We just drive around and find awesome christmas decorations and OOOOoooo and AHhhhhh from the car! OF COURSE we play Christmas music during the trip, and get Hot Chocolate too!!

Whatever your traditions, or faith, I hope you all have a WONDERFUL Holiday season, and Give yourself permission to have BIG dreams for the NEW YEAR! In friendship, Jessy

Dates to Remember

- Dec. 8 Membership meeting at Leslie's House, potluck 6:00, meeting 7:00
- Dec. 13 Salvation Army Bell Ringing at County Market
- Jan. 23-25, Winter State Convention at the DoubleTree in Minneapolis



November Membership Meeting
 Monday November 10 cancelled – re-scheduled 11/17
 40 Club
 6:45 Meeting
 Hostess: Suzanne – not needed
 Attendees: Heather Goble, Roxy Appel Wigton,
 Suzanne LaLond, Jessy McShane, Jessi Goble,
 Dorothy Dotzler, Leslie Baird, Nina Obert, Heidi
 Westerlund, Annette Zilverberg, Cathy Olson, Danielle
 Hallberg, Mindy Snyder

AGENDA:

Call to Order 6:48
 Pledge of Allegiance- skipped
 U.S. Women of Today Creed: skipped
 Introduction of guests
 Invocation- Jolene skipped
 Ice Breaker- Suzanne – what did you do the night our
 meeting was cancelled due to the snow?

OFFICER REPORTS:

Orders of the Day- Heidi; quorum established 9/32
Secretary Report- Suzanne
 -approval of October Minutes – with correction on the
 treasurers report
Treasurer's Report Roxy - SP fund 1481.16 income
 \$0.00, exp \$25., EB \$14,56.16, ST BB \$3663.74, inc
 \$0.03, exp \$914.18, ED \$2749.59, Reg BB \$3786.71,
 income \$3786.71, exp \$2132.28 EB \$4889.92
State Delegate- Heather
 - District Meeting Sat Nov. 22ndrd Duluth at
 Concordia Lutheran church. Miami Vice theme, wear
 pastels, shades and flowered shirts, carpool leaving
 Heathers house at 8:30 (Jessy, we could pick you up
 on the way), registration at 10:30 , please sign up and
 let me know if you're carpooling, carpool participants
 can discuss possibility of doing some Christmas
 shopping after the meeting.
 -Winter State Convention Jan 23-25th 2015. Double
 Tree Park Place, Minneapolis, Mardi Gras Celebration
 theme, we already reserved a poolside suite which
 holds 6 people and a regular room for 4 people. Please
 sign up so I know whether or not we need to release
 one of these rooms (or reserve another one!), full
 registration is \$78.
 -State Bi-Law proposal - Heidi
Membership VP- Heidi
Chairman of the Board- Heather no report
Presidents Report- Jessy
 **Mid year evaluation no response
 -Board Meeting, November 24th 7pm Jessy's
 -Next meeting will be December 8th- Leslie will be
 hosting at her home potluck at 6 meeting at 7
Programming VP- Leslie I encourage you to take part
 in certifying in STEP. I have forms available at the
 Dec meeting. Also, I still have MNWT raffle tickets,
 to purchase, at \$5 each.

PROGRAMMING AREAS:

External-

Coins for Causes (?) **M/S/P** – Suzanne/Cathy - I move
 that we round up Coins for Causes to \$25 for
 Minnesota Hats for Hope.

-Policy implantation – Roxy **M/S/T** – Roxy /Heidi/
 Jessy GI move that we add Policy 4. Special Funds for
 Coins for causes 1) money raised shall be used to
 donate to local charities 2) the chapter may increase the
 amount donated by membership vote

Youth of Today- Roxy

- Coats for kids- Roxy Oct 16th and 17th at
 Westside
- OYA, Dawn Casey Sandberg submitted to
 state level
- Memory Books Cathy & Dorothy

School Pictures- Nina & Jen Kinzer– called a
 committee to review contract changes – contact
 meeting with Life Touch and with Interstate

Isaacs Foundation- Annette

-Donation can – currently at Aitkin bowling alley and
 will continue to move it monthly. I do have permission
 to put the can at the office shop next month from 11/14
 – 12/14.

-Schwan's fundraiser – catalogs & posters handed out
 for members to use and distribute. Fund raiser is going
 and it will continue to give us a good percentage the
 first 45 days. Example: if you buy an E/gift Card
 (only one per person per campaign) we will get 40% of
 \$25 everything else will be 20%. At the end of the 45
 days a check will be mailed to our pPO address, it will
 take up to 4 weeks to process. One thing I was not
 aware of is that the Schwan's
 campaign last 45 days however lasts a complete 360
 days. I was not aware of this and did ask our darling
 sweet president if that was ok. AWT will continue to
 receive revenue checks quarterly if people continue to
 buy from our campaign and that amount would be 5 %
 of our sales.

Community Connections- Dorothy

-Salvation Army bell ringing – Dorothy – signup sheet
 on clipboard

-PDC Roxy

Women's Wellness-Heidi – signup sheet on clipboard
 see detail in newsletter

(BREAK)

INTERNAL:

Ways and Means- Suzanne – greeting card order form
 on clipboard

Records and Recognition- Amanda – no report

Project Review Committee- Jessi/Heather/Jessy/
 Dorothy

--October 20th 6:45 at Heathers house – details in
 newsletter

M/S/P – Jessi/Cathy – I move that we stop doing the
 Kiddie Parade.

M/S/P – Jessi/Cathy – I move that we stop doing the
 Grand parade.

M/S/P – Jessi/Roxy – I move that we stop doing the
 Coats for Kids.

M/S/P – Jessi/Cathy – I move that we stop doing the Library Party.

M/S/P – Jessi/Cathy – I move that we stop doing the Christmas cookie bake Sale.

Living and Learning- Jolene
Newsletter- Heather

-Articles Due- November 26. Friendly reminder – Please get articles’ to me by the deadline and send them to the newsletter email address, not my personal email. It’s too easy to miss an article if it’s sent to my personal address.

awtnewsletter@gmail.com. If you guessed, Heather (me!) in the Guess Who? Section, you are correct.

Public Relations- Leslie G.

-Social Media- Amanda – no report

Women Who Impact Award

Joy Janzen was submitted as Aitkin’s Women Who Impact nominee. Hoping to receive good news in the first part of December. She is a very deserving woman who indeed has made an impact on the Aitkin community. I will pass out her nomination packet for you to look at.

NEW BUSINESS:

*Library Christmas event-*Roxy Dec 2 @ 6 pm simple crafts to be done with the children.

*Cookie Exchange-*Leslie - The cookie exchange will be at our December membership meeting. Please sign up if you plan on participating, along with the kind of cookie you will be making. I will let you know how many to bake a couple weeks before our meeting.

Ornament exchange- Secret Santa – no this year

Movie at the rialto?-Not December 13th- cancelled for this year

Holiday bake sale? No for this year

M/S/P – Heather/Cathy – I move that we donate \$50 and a box of donuts to Sentence to Serve from Pumpkin Patch income..

M/S/P – Heidi/Cathy – I move that we donate \$100 to Operation Christmas.

Sunshine- Heather
Good and Welfare
Benediction

Treasurer

We will be hitting our midyear and I'll have an updated budget in January to show where we're at. Remember the budget when planning projects and get approval if it is not part of a budget item. See you at our Christmas meeting. Roxy

Sunny Notes



Thank you Nina for the awesome idea for Amanda and heading it up. It was a great way to be able to help them. Joy

Hope that you are having a great day plus have a great holiday weekend to. Jackmac/Jackie

Amanda-Congratulations on your new job. You will be awesome! You are joining a great team. So glad to hear Rhowyn's surgery went well. -Sarah

Heidi-Thanks for the reminder call about my membership. At my age of 400, I tend to be forgetful :) - Sarah

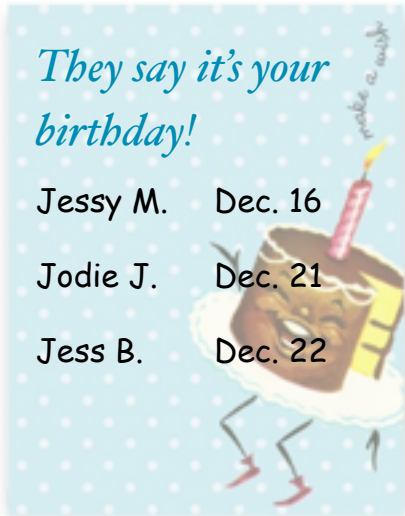
Jessi, congratulations on your job promotion! - Heather

Amanda, I hope your first day at your new job was fantastic! Very happy for you. -Heather

Roxy, Thanks for being my travel companion to the district meeting! I always enjoy your company. - Heather



Leslie and Cathy at Our Winehouse PAS event!



Roxy-Annette-Dorothy-Heidi-Suzanne- Amanda-Jolene-Heather-Leslie

What do these women have in common? You are right-they are our wonderful LPMs who keep us well-informed in all of the programming areas. Just a reminder to you ladies, above, that your LPM reports are due on December 30th. So.....why not do it now??!! It is very easy to do. You can do your report online at the MNWT website or run off a paper copy and mail it in. Online takes about 10 minutes at the most. Go through your AWT minutes from the months of September-December and see what projects/ programs were held during that time, even if it was chaired by someone else. For instance, the Pumpkin Patch is a Youth of Today project, Heather and Dorothy were the co-chairs, but Roxy is the LPM. So she will include the Patch in her report. This includes December projects such as the library event and the Salvation Army bell ringing. If you need help with your report, please give me a jingle. Your LPM report should go to the following: the appropriate MNWT EVP or IVP, appropriate SPM, appropriate DPM, our DD Mindy Roberts, and Jessy. You can also send a copy to me, if you wish, as 'acting' Programming VP. Thanks in advance for all that you do! Leslie Goble

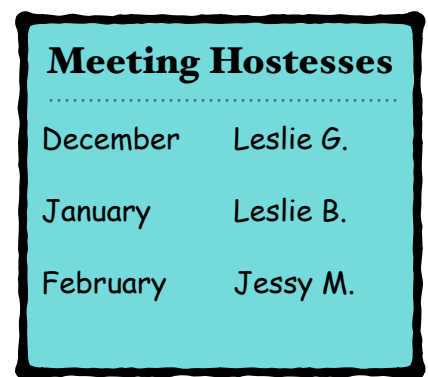
Women's Wellness

How is everyone continuing to do with the "Let's Get Physical" challenge? Please let me know at the next meeting whether you accomplished the 20 minutes for 5 days of week during the month of November. Start your 30 minutes on December 1st. You will receive a very nice prize from a drawing of participants at the January meeting. Thanks, Heidi, LPM, WW



State Delegate News

Mark your calendars! Winter State Convention will be held January 23-25 at the Double Tree Park Place in Minneapolis. Be sure to bring your beads and masks! Mardi Gras is the theme for this convention. I will be sending around a sign-up sheet at our next meeting.



Living and Learning

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.

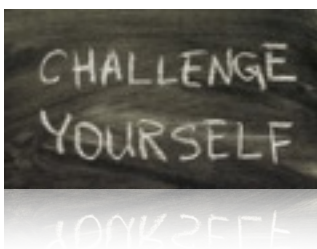
Also think about certifications for Living and Learning, Health and Wellness, and Personal Development. These are easy to complete. I may ask for a certification night as well for a group to work on together. Things as easy as: having a physical, dental appt., watching a funny tv show or movie, certifying 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@ joleneangansen@yahoo.com

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

I hope to have more information for you in future newsletters and at meetings as well. Have a great start to December! :)

Jolene Gansen, Living and Learning LPM



MNWT Raffle Tickets

Our chapter still has one more book of MNWT raffle tickets to sell. Tickets are \$5 each and the prizes are fabulous. I will have them at the December AWT meeting. Please consider supporting the MNWT Foundation. Leslie G.

Directions to Leslie Goble's house

The December AWT meeting will be held at Leslie Goble's house, on December 8. It is a potluck, so bring a dish to share and an item to donate to Aitkin's Food Shelves. Dinner is at 6 and meeting at 7:00. Beverages and paper products will be provided.

30731 Pioneer Avenue-Go south on 169 to Pioneer Avenue (just after Farm Island Store). Turn left and go 3 miles. House is on the left. Or go west on 210 to Pioneer Avenue (aka County Road 28). Turn left and go 5 miles. House is on the right. Our number is posted with a small Goble's Sewer Service sign.



Christmas Cookie Exchange

For those of you that signed up to take part in the cookie exchange, don't forget your cookies! If you find that you are unable to make it to the meeting, find someone who could bring them for you or give me a call. Looking forward to having my Christmas cookie baking done!

Leslie Goble 927-6175

Isaac's Journey

PLEASE spread the word to your friends and family. I have attached the flyer to the women of today private group, so that you can put it up in places that you frequent or work. This will support the Childhood cancer fund and continue to give revenue to the Women of Today for a whole year to help us out for what ever we need in the community!

Aitkin Women of Today Supporting Childhood Cancer Research:

Giving Back to your Community Never Tasted so Delicious

Schwan's Home Delivery offers over 350 delicious foods, flash frozen at the peak of freshness and conveniently delivered right to your door. Through Schwans-cares.com, you can order from Schwan's Home delivery and help our organization meet its fundraiser goals. When you order by November 1, 2014 20% of product and 40% of e-certificate sales go back to the organization. In addition, Schwan's will contribute 5% of all orders to our organization through out the end of December 2015.

Here are two ways to support us!

Order Online:

Pre-Order Online:

1. Visit Schwans-Cares.com
2. Click on "Find a Campaign" on home page
3. Enter campaign Name or ID Aitkin Women of Today or ID 16002
4. Click the "Support Now" button
5. Shop!



Order by Phone:

Call [1-855-870-7208](tel:1-855-870-7208) and provide Campaign ID: 16022 Aitkin Women of Today

Thank you for your Support! Annette, Isaac's Journey LPM

Membership VP

Thank you to everyone who renewed this trimester. We appreciate your continued membership. I think we will end with one person not renewing and two new member additions! Please give a warm welcome to Danielle Hallberg and Mindy Snyder! We are very happy you decided to join! Heidi, MVP

STEP

Have you ever wondered what that is? At our December meeting, I will fill you in. It is a USWT certification that you can get through the MNWT. ALL AWT members are eligible. If you would like to find out more about it prior to the meeting, go to the MNWT website book of forms. Leslie G.

Youth of Today

Christmas is the time of year when children come to mind. We donated to Operation Christmas and many will be getting a great gift because we helped those families out. Tuesday, December 2nd at 6:00 p.m. at the Library Santa read stories to kids and then we had them make two craft projects. A reindeer from candycanes and decorated an ornament for the tree. Thanks to any of you who helped. Roxy, LPM



December Membership
Meeting Monday, December 8th
Leslie Gobles House
6:00 potluck 7:00 meeting

AGENDA:

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

OFFICER REPORTS:

Orders of the Day- Heidi
Secretary Report- Suzanne -approval of November
Minutes
PALS- Leslie
Treasurer's Report - Roxy
State Delegate- Heather
- District Meeting Nov. 22, Duluth 11am
- Winter State Convention Jan 23-25th
-State Bi-Law proposal
Membership VP- Heidi
Chairman of the Board- Heather
Presidents Report- Jessy
- Mid year evaluation
- Board Meeting, Dec. 29th, 7pm, Jessy's house
- Next meeting will be January 12th- Leslie Baird is
Hostessing

PROGRAMMING AREAS:

External
- Coins for Causes
- Policy implementation, Roxy (tabled from
November meeting)
Youth of Today- Roxy
-Easter Carnival – Roxy / Annette
- OYA, Dawn
- Memory Books, Cathy/Dorothy
School Pictures- Nina
- Calling for a committee to review contract changes
Isaacs Foundation- Annette

-schwans fundraiser
-kids with cancer fundraising can
Community Connections- Dorothy
-Community meal- Roxy
-Salvation Army bell ringing - Dorothy
-PDC, Roxy
Women's Wellness-Heidi
(BREAK)
INTERNAL:
Ways and Means- Suzanne
Records and Recognition- Amanda
Project Review Committee- Jessi/Heather/Jessy/
Dorothy
Living and Learning- Jolene
-WWI, Leslie G.
Newsletter- Heather, Articles Due- Dec. 26 (Fri.)
Public Relations- Leslie G.
-Social Media- Amanda

NEW BUSINESS:

Sunshine
Good and Welfare Benediction