

EDEN PRAIRIE WOMEN OF TODAY

April 2011 NEWSLETTER

Upcoming events can be found on our website under

“up-coming events.”

http://www.epwt.org/upcoming_events.htm

Letter from our President Beth

“Coming together is a beginning. Keeping together is progress. Working together is success.” ~Henry Ford

WOW!! It's here...the last month and the last President's letter. As Sue Ellen said in *her* last President's letter...it's like New Year's Eve. Starting next month we get a new beginning with new **President Charlotte**, new officers, and new local program managers. It was exciting to see you step out of your proverbial comfort zones and accept these new positions!! (*OH THE PLACES YOU WILL GO...*)

I loved our new beginning together. I loved the anticipation of the things we would do, the friends we would meet, the progress we would accomplish. Of course, as always, there were a few challenges, a few things I might have done differently if given the chance. ☺ But, I hope overall you head into the New Year with great memories of this past year with Eden Prairie Women of Today.

I've had a great view from the podium! It's been truly amazing watching “my girls”-- my friends--my chapter plan, work, and succeed together. I have appreciated your patience and encouragement as I took **many** steps out of MY comfort zone on the way to finding out the places I could go.

THANK YOU!!

In (Service, Growth and) Friendship
Beth Wojahn

Singing in the Spring SYLN - Recap

Six members and two guests joined Songtaneous ("spontaneous singing" business) founder Sarah M. Greer as she led a fun afternoon at Joanna's house filled with semi-structured singing and singing exercises. We learned a beautiful song in the Zulu language, which translated to mean "every burden rolls away", and we enjoyed a hilarious "story" communication activity using a completely invented language -- emphasizing the importance of nonverbal communication. We also created a samba rhythm with various groups counting different beats and combinations of "1 and 2 and 3 and 4." In addition, Sarah led us in a brief exploration of how we choose to deal with the energy in our lives -- whether we choose to embrace the same energy as "terror" or "exhilaration," (sometimes related to whether we think we "can sing" or not) -- and how improvisational singing skills can transfer to other areas of our lives. It was a wonderful experience and much fun and uncontrollable laughter was enjoyed by all. Thanks Joanna for choosing to "Share Your Light" through this event!



2011-2012 EPWT Election Results!

Before we get to the new election results, though, I want to just say - What a fantastic year we have had with our 2010-2011 Board and Local Program Managers (LPMs), with President Beth Wojahn leading us, we have had! Congratulations all current members in our chapter's leadership positions on the great job you've done! Each year when we revamp our leadership, our chapter benefits as much as the individuals in these positions from the fruits of their work and creativity! Rockin' Job!

After a very exciting and new-to-us type of election -- with 23 different members being nominated for the 8 positions on the Board -- here are the results:

2011-2012 Board of Directors shall be:

- President: Charlotte P
- Internal Vice President: Kimberly R
- External Vice President: Shannon S
- Membership Vice President: Barb P
- State Delegate: Nancy Co
- Secretary: Linda N
- Treasurer: Licia J
- Parliamentarian: Stacey D
- Immediate Past President: Beth W

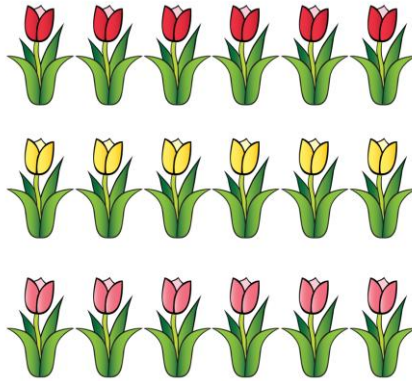
Congratulations, Ladies! We're very excited for your upcoming year, too! ~ Sue Ellen

Precautions re Mammograms and Dental XRays/A Useful Warning

On a recent Wednesday, Dr. Oz had a show on the fastest growing cancer in women, thyroid cancer. It was a very interesting program and he mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists don't bother to use it. Also, there is something called a "thyroid guard" for use during mammograms. By coincidence, I had my yearly mammogram yesterday. I felt a little silly, but I asked about the guard and sure enough, the technician had one in a drawer. I asked why it wasn't routinely used.

Answer: "I don't know. You have to ask for it."

Well, if I hadn't seen the show, how would I have known to ask?



Chanhassen Tulip Gala – Saturday, May 7, 2011

The Gala will be held on Saturday, May 7, 2011 at the Oakridge Convention Center in Chaska.

This is the same location where the event was held last year.

Please save the date on your calendars if you are interested in helping with this fun event

Volunteers will be needed to help set up on Friday May 6, 2011 and Saturday in addition to helping out with the Gala on Saturday night. Food & beverages will be provided for all volunteers. Feel free to dress to the 9's and wear your favorite cocktail dress, suit or gown or wear whatever you wish, just make sure you are comfortable.

If you have any questions, please do not hesitate to reach out to myself

or my co-chair Sue Ellen Toppings. **Thanks, Charlotte Perz**

We Asked and You Shared!

Recently, we sent out a follow-up survey in order to better understand the type of service activities our members were most interested in and to gain some insight into what additional events we might try to offer.

Here is what you said:

You were most interested in donating time to children's causes, but showed significant interest in adult related causes as well. You were interested in donating items to school supply, food, or clothing drives, but you didn't really not to spend time working on the drives for those collections.

We asked which projects you would be most interested in continuing, and generally you were interested in continuing the events that supported child and families in our own community and less interested in walks to raise \$\$ and clean-up events. (We never like to do the clean-up work do we!) But on the whole, it showed quite a diverse set of interests.

Feed My Starving Children	74.20%	Bloodmobile w/Memorial Blood Center	32.30%
Letters from Santa for Autism	71.00%	"Be Bold Be Bald" Ladies Night Out	32.30%
Hot Dog Stand Fundraiser for PROP	67.70%	July 4th Community Celebration	29.00%
The "Unbirthay" Party	67.70%	Humor to Fight the Tumor	29.00%
Project Linus	64.50%	Adopt-A-Hwy	25.80%
School Supply Drive for Prop	61.30%	Can Do Canines - Ren Fest Pet Gate	25.80%
Raksha Walk	58.10%	Ovarian Cancer Walk in EP	22.60%
EP Relay for Life	51.60%	Underwear Collection with District 11	22.60%
"Flair for Teachers" Collection	51.60%	Austism 5K Run	19.40%
Friend's of the Library Book Sale	51.60%	Go Green	19.40%
Camp Get -A-Wella Craft Kit Packaging	48.40%	Children's Cancer Research Fund 5K Run/Walk	19.40%
Crisis Nursery	45.20%	Carver County Fair Clean-up	19.40%
Adopt-A-Highway	41.90%	Children's Cancer Research Event	19.40%
Pink Heals Tour Silent Auction	41.90%	Can Do Canines - Heel and Wheel Walk	16.10%
Bingo at St. Louis Park Rehab Center	41.90%	DIVA Dash for MOCA	16.10%
Women's Safety Awareness	38.70%	Waconia Relay for Life	6.50%
Jeans for Teens	35.50%		

You also clearly communicated a preference to maintain a variety of types of service projects, rather than focus in on one area, so the varied passions of our members would be reflected in our community service.

You didn't have a significant preference for working on the public side or behind the scenes at an event, but there was a slight preference toward working directly with those in need, as opposed to just collecting items, raising money, or creating something else of benefit for them.

In general, the group seemed to have the most interest in getting together to directly help or to create something that the children of our community needed - events where we could combine both the social and the service components are what really "tickles our fancy". The board will apply this data as it plans the 2011-2012 Women of Today calendar year. Thanks for sharing!

DID YOU KNOW?

Take your bananas apart when you get home from the store.
If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil.
It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating.
Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef.
It will help pull the grease away from the meat while cooking.

To really make scrambled eggs or omelets rich add a couple of
Spoonfuls of sour cream, cream cheese, or heavy cream; then beat them.

Add garlic immediately to a recipe if you want a light taste
Of garlic and at the end of the recipe if your want a stronger taste of garlic.

Reheat Pizza

Heat leftover pizza in a nonstick skillet on top of the stove; set heat to med-
low

And heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw
this on the food channel and it really works.

Easy Deviled Eggs

Put cooked egg yolks in a zip lock bag. Seal; mash till they are all broken up
Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut
the tip of the baggy; squeeze mixture into egg. Just throw bag away when
done - easy clean up.

Reheating refrigerated bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in
A microwave next to a cup of water. The increased moisture will keep the
food moist and help it reheat faster.

Newspaper weeds away

Start putting torn newspaper in your plants, work the nutrients in your soil.

Wet newspapers,

Put layers around the plants, overlapping as you go; cover with mulch and forget about weeds. Weeds will get through some gardening plastic; they will not get through wet newspapers.

Broken Glass

Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

Flexible vacuum

To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

Reducing Static Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... Ta DA! ... Static is gone.

Measuring Cups

Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient (peanut butter, honey, etc.) and watch how easily it comes right out.

Foggy Windshield?

Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!

Reopening envelope

If you seal an envelope and then realize you forgot to include something inside, Just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

Conditioner

Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

Goodbye Fruit Flies

To get rid of pesky fruit flies, take a small glass, fill it 1/2 with Apple Cider Vinegar

And 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!

Get Rid of Ants

Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!

INFO ABOUT CLOTHES DRYERS

The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes.) He took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material . I'm sure you know what your dryer's lint filter looks like. Well the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh - that's what burns out the heating unit.

You can't **SEE** the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free. You know how they can feel waxy when you take them out of the box ... well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush at least every six months.

He said that increases the life of the dryer at least twice as long! How about that!?!

Learn something new every day! I certainly didn't know dryer sheets would do that. So, I thought I'd share!

Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I had it done in 30 seconds. Then when

I rinsed it ... the water ran right thru the screen! There wasn't any puddling at all! That repairman knew what he was talking about!



Cyndy's Good Reasons For Winter.



? Love Winter

- ❖ You can put a bottle of water in your car and it will always be ice cold.
- ❖ If you are having a party and there isn't enough room in your fridge for all the cold food, you can put it outside.
- ❖ You can put on lots of clothes and not get cold and no one will know how white you are underneath.
- ❖ You don't have to clean the garage for 4-5 months because it is too cold to be out there.
- ❖ You don't have to wash your car because as soon as you do it will snow and get it all full of salt again.
- ❖ You don't really have to style your hair because as soon as you put a cap on, you can't take it off again until you get home.
- ❖ You save on gas and wear and tear on your car because it is too dangerous to go anywhere.

Here is the recipe for the Almond Cake I served at the Sing in the Spring Share Your Light Night event. I got the recipe from my grandma, who used to make this all the time. It's a very dense and filling cake. – Joanna

Almond Cake

3 cups sugar
2 sticks butter
6 eggs, separated
1 cup sour cream
3 cups sifted flour
1/4 tsp. baking soda
1 tsp. vanilla
1 tsp. almond extract

Beat sugar, butter and egg yolks well; add sour cream. Add and beat in flour, baking soda, vanilla and almond extract. In a separate bowl and with clean beaters, beat egg whites until stiff; fold into the batter. Put in well-greased and floured Bundt pan. Bake 1 and 1/2 hours at 300 degrees.

If your heart is happy - don't forget to notify your face!



Ways to show you are interested in the male sex (flirting)

Longer than normal glance with a smile
Wetting, licking, or softly biting lips
Massaging exposed part of leg
Crossing and uncrossing legs
Pointing knees toward person of interest
Touching other person's arm or leg
Tilting head in person's direction
Flicking hair and/or winking
Rubbing nape of neck slowly
Looking at person's mouth
Slipping off a shoe

Eden Prairie ABD Foundation Wish List

Please bring any item you would like to donate to our April meeting

Household supplies

Large Pots

Skillets

Serving bowls & Platters

Sets of reusable plastic tumblers

Laundry Detergent

Bleach

Potholders

Dishwasher Detergent Tabs

Toilet Paper

Aluminum Foil

Freezer & Sandwich Zip Lock Bags

Paper Towels

New/Gently used sheet sets (twin/full)

New/gently used Mattress pads (twin/full)

New/Gently used Towels/washcloths

Blender

Dryer Sheets

Liquid Dish Soap

New/Gently used Kitchen linens

Large food storage containers

Kleenex

Kitchen Plastic Wrap

Trash Bags – Kitchen

Napkins

Health & Beauty Supplies

Super Maxi pads

Panty Liners

Hand & Body lotion

Shampoo/Conditioner

Hair Mousse/Gel/Spray

Body Wash

Cough Drops

Ny-Quil

Ibuprofen

Toothbrushes

Shaving Gel

Day-Quil

Body Spray

Tylenol

Toothpaste

School Supplies

Flash Drives

Scientific Calculators

Tri-Fold Poster/Display Boards

White Poster Board

School Bags/Backpacks

Combination locks (gym lockers)

3-Ring Binders (one-inch)

The girls have also asked for sweat pants & sweat shirts. Also, they can use any meat items (hamburger/chicken) and canned goods.

FREQUENT FLIER MILES (We always can use these for airline trips home at Holiday and Summer breaks)
Underlined items are Urgently needed.



About our Organization. . . . The Eden Prairie Women of Today is a dynamic and diverse women's organization interested in the betterment of our community. We are not politically or religiously affiliated. We are women from various backgrounds, communities, and life experiences. We are working women, mothers, homemakers, grandmother's, married and single women. We are women, who want to make our communities a better place for all of us to live,

We volunteer our time, raise funds for charities, and provide informational seminars that are open to the public. Our members choose the projects they want to participate in, given their interest and time availability. Members can be as involved as they want to be. Most group events take place in the evenings or on weekends. We are also interested in bettering ourselves and having fun. We have speakers attend our meetings, challenge ourselves to improve our communication skills, gather to develop new talents and plan social events. The wide range of opportunities that Women of Today offers is one of the elements that make it unique. There is something for every woman and new ideas are always welcome.

We meet the 3rd Thursday of each month. Please visit our website at www.epwt.org for more in-formation about our chapter and for directions to our meeting location.

Eden Prairie Women of Today
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