

# EDEN PRAIRIE WOMEN OF TODAY

## FEBRUARY 2011 NEWSLETTER

### President Beth's February Letter

What a great month January was! We had another awesome state convention (co-chaired by EPWT's very own Sue Ellen and Erin), I had a fabulous birthday (thanks, everyone, for the ice cream cake -- it was a very "cool" surprise!), and we started out a new year.

If you were at the monthly meeting in January, you heard from Sue Ellen that we're starting the nominations process for another new year -- the Women of Today year, which begins May 1. We've already had three people from our chapter move toward new positions on the state level for this coming year. Katie began her job as the Minnesota Women of Today executive director after the January convention, and Sue Ellen put in a bid for state program manager of public relations (and won) and Marie is being pursued for executive council. (I think that part might be secret so I can't tell you what position.

We do want to congratulate these members of our chapter (who-hoo! yay, ladies!), but that's not the only reason I wanted to mention they're moving on to a bigger -- not "better!" -- stage. One reason they can do these kinds of things is because of the training Women of Today gives everyone (this means you!) who wants to hold a position in the organization. Remember: you don't have to know HOW to do the job; you just have to want to learn!! Really give this some thought -- what would you like to do, or be, next year? This really could be your chance to run for president! Or maybe you want to be another sort of officer (see what happens at those board meetings), or a local program manager for one of the different areas where we do programming? (I am including a list of these local areas and what is covered by each of them).

Whether you ever hold an officer position or not you'll want to attend the upcoming Personal Enrichment course on Lead Out Loud at Erin's house Feb. 8 and the one Nancy's doing on Nonverbal Communication March 22. It's all part of that leadership training, and part of your personal growth. There is a lot of fun (remember game nights at Tami's, Feb. 4 and 25!) in Women of Today, but don't forget about these opportunities for personal growth, too -- you can take advantage of them to have a fabulous year ahead of you!

In Friendship, Beth

PS. BEFORE I FORGET AGAIN I WANTED TO LET YOU KNOW THE "PRESIDENTS LETTER" IN LAST MONTHS NEWSLETTER CAME FROM ERIN TRADER. I HAD ASKED CYNDY TO USE IT IN PLACE OF MY WRITING ONE BUT I NEGLECTED TO MAKE SURE ERIN GOT CREDIT FOR IT. AWESOME LETTER, ERIN!!! AND THANKS FOR YOUR INSPIRATION!!

*Upcoming events can be found on our website under  
"upcoming events."*

*[http://www.epwt.org/upcoming\\_events.htm](http://www.epwt.org/upcoming_events.htm)*

**2011-2012 Programming Areas**  
**Sign Up for a local program manager position today!**

**External program areas are projects and events run for the benefit of your community or a foundation.**

<b>Programming Area/SPM email</b>	<b>Description</b>	<b>Program Manager</b>
Can Do Canines <i>(This will be our third year)</i> priority-area@mnwt.org	Program to encourage involvement with Can Do Canines to reach strategic goals to serve more people with disabilities by creating mutually beneficial partnerships with specially trained dogs. (MNWT 3 year priority area)	
Community Connections (CC) cc@mnwt.org	Program to encourage involvement in their local community, (e.g. food shelf, a civic project, senior citizens, adopt-a-family, etc.) Promotes Friendship Ventures, the Outstanding Person with Developmental Challenges Award, Community Connection Awards, and national programming areas that do not fall under a MNWT programming area.	
Women's Wellness (WW) ww@mnwt.org	Educate members on current health issues; support a foundation dealing with women's health; promote the March of Dimes March for Babies	
Youth of Today (YT) yt@mnwt.org	Promotes ideas and activities that allow youth to discover and experience the importance of volunteering. Also promotes the OYA program, Kids Week and foundations related to youth activities.	

**Internal program areas are those areas which are primarily for the benefit and service of our members.**

<b>Programming Area/SPM email</b>	<b>Description</b>	<b>Program Manager</b>
Living and Learning (LL) ll@mnwt.org	Promotes participation and provides information and ideas in the areas of personal growth of members; intellectually, spiritually, civically, and through family. Also promotes the Effective Writing, Speaking, and Impromptu competitions as well as the Women Who Impact Awards. Oversee invocations and benedictions at meetings.	
NEWSLET	Responsible for gathering the information for the monthly newsletter, putting it all together in an easy-to-read format,	

newslet@mnwt.org	copying and distributing to members and other individuals.	
Public Relations (PR) pr@mnwt.org	This area gets the word out about our organization. This position submits press releases to local newspapers and helps to identify other PR tools for the chapter, cable TV, radio, internet etc. Also promotes Women of Today Week.	
Records & Recognition (R&R) rr@mnwt.org	Program to encourage good recordkeeping for chapter projects; project recognition; mid-year and year-end entries; Projects of the Trimester; and Success.	
Ways & Means (W&M) wm@mnwt.org	Help to raise funds to keep your chapter going! If you're an individual with lots of fund-raising ideas (no, you don't have to pull them all off yourself!) sign up now. Promotes state promotional items for the trimester and the state store.	

## Bingo - 6:30 - 8:00 2/9/11

Looking for gently used stuffed animals or beanie babies & small miniature chocolate bars.



## **SAVAGE WOMEN OF TODAY EVENTS**

**February 10: Chapter Meeting, 7 PM at Savage American Legion, 12375 Princeton Avenue South, Savage**

**At this meeting we will hear a guest speaker on a topic of self improvement. We will also discuss upcoming events.**

**February 19: Tea and Crafts Afternoon, 2 PM, Indigo Tea, 1501 Riverwood Dr, Burnsville**

**Join us for an afternoon of tea, crafts, and conversation!**

**February 21: Culver's Fundraiser, 5:00 to 7:00 PM, 4725 Hwy. 13 W, Savage**

**Stop in anytime between 5 and 7 PM for a dinner and 10% will go toward the Savage Area Women of Today!**

**February 24: Feed My Starving Children, 8 to 9:30 PM**

**Eagan Feed My Starving Children, 990 Lone Oak Road, Suite 160, Eagan**

**Please sign up for this session at <http://volunteer.fmssc.org/Register/Default.aspx>.**

**Click on "JOIN an existing Group or Family" and enter join code 115638.**

**March 2: Diva Night at Lillians, 7 PM, Lillians, 9915 Lyndale Ave. S, Bloomington**

**Stop in to shop for purses, clothing, and accessories and shop a variety of other vendors. Get a hand massage too!**

**10% of all sales will be donated!**

**March 10: Chapter Meeting, 7 PM at Savage American Legion, 12375 Princeton Avenue South, Savage**

**We will be discussing upcoming events.**

**April 14: Chapter Meeting, 7 PM at Savage American Legion, 12375 Princeton Avenue South, Savage**

**Our guest speaker this month will be the Mayor of Savage, Janet Williams. She will present a State of the City presentation with details of the important role that women play in the city. We will also be discussing upcoming chapter events.**

**April 17: Bagging for Tips at Cub Foods, 10 AM to 6 PM**

**Cub Foods Savage, 14075 Highway 13 S, Savage**

**Stop into Cub Foods for your weekly grocery trip and let us do the bagging! We would also like helpers for anytime during this event. Please stop in to say hi!**

**April 29: Feed My Starving Children, 6 to 7:30 PM**

**Eagan Feed My Starving Children, 990 Lone Oak Road, Suite 160, Eagan**

**Please sign up for this session at <http://volunteer.fmssc.org/Register/Default.aspx>.**

**Click on "JOIN an existing Group or Family" and enter join code 115636.**

## **Thank You Eden Prairie...from Stacy Pearson**

At Winter State Convention I was honored with the Key Woman award from the Minnesota Women of Today. For those who don't know, this award is the highest award bestowed on a member of the Minnesota Women of Today. It has rigid standards and selects only those women who are dedicated and well-rounded Women of Today, who have touched lives and make a significant and lasting contribution to those around her. The woman who receives this honor cannot seek it, but rather, it is an honor that seeks out the recipient. The first woman was honored with this award in 1976. Eden Prairie members Fay Clark and Katie Castro have also been honored with this award in the past.

I don't know all the newer members of the Eden Prairie chapter, but I do know that you are part of something great. I have learned so much from this organization, done amazing things, grown by watching others, and made some amazing friends in the process. I thank you all for your support and encouragement over the years. I couldn't have all I have done without your support and I look forward with continuing to make a difference in the world around us.

## *The Eden Prairie Foundation Ball is coming up on Saturday March 26, 2011*

The assistance of the Eden Prairie Women of Today has been requested. That's right ladies we continue to strengthen our image as the group of women who know how to run silent auctions and get things done! Thank you to all who have volunteered your time for this even thus far. Additional volunteers are always welcome so if you are interested please feel free to contact Charlotte Perz or Sue Ellen Toppings. Volunteers will be needed between the hours of 5:15-10:30pm. You can work a few hours or stay the whole night if you wish. Our help is needed at the registration table, silent auction (running and closeout), games and potentially in additional areas. The Ball will be held at the Minnetonka Marriot Southwest. Food will be served for all volunteers at the facility. Black and white attire is preferred however you may chose to dress up if you wish!

## **Chanhassen Tulip Gala – Saturday, May 7, 2011**

**Please mark your calendars for the Chanhassen Tulip Gala which will be held on Saturday May 7, 2011. 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. If you are interested in co-chairing this event please contact Charlotte Perz.**

# Hot Fudge Pudding Cake

## Makes 8-10 servings

- 1 ¼ c sugar, divided
- 1 c flour
- 7 T Hershey's Cocoa, divided
- 2 t baking powder
- ¼ salt
- ½ c milk
- 1/3 c butter or margarine, melted
- 1 ½ t vanilla extract
- ½ c packed light brown sugar
- 1 ¼ c hot water

## Directions:

Heat oven to 350.

In medium mixing bowl combine ¾ c sugar, flour, 3 T cocoa, baking powder and salt. Blend in milk, butter and vanilla; beat until smooth. Pour batter into square pan, 8 x 8 x 2 or 9 x 9 x 2 that has been lightly sprayed with oil. In small bowl combine remaining ½ c sugar, brown sugar, and remaining 4 T cocoa; sprinkle mixture evenly over batter. Pour hot water over top; do not stir. Bake 40 minutes or until center is almost set. Let stand 15 minutes; spoon into dessert dishes, spooning sauce from bottom of pan over top. Garnish as desired.



## 3 New ideas for Pretzels

1. For a crunchy coating for chicken, brush each side of 4 boneless, skinless chicken breasts with 1 tsp spicy brown mustard. Roll in finely crushed pretzels. Bake at 400 degrees for about 15 minutes or until internal temperature reaches 160 degrees.
2. Swap your favorite cookie crust recipe for this delicious pretzel version. Mix 2 cups finely crushed pretzels, 6 tbsp melted butter & 3 tbsp sugar. Press into a pie plate and bake at 350 for 10 minutes.
3. Make a simple, sweet dessert by melting 12 ounces semisweet chocolate baking chips, then stirring in 1 cup coarsely crushed pretzels and ½ cup chopped nuts. Spread out onto a waxed paper-lined baking sheet. Refrigerate one hour. Break into pieces.

# ZOOT NOTES

Great job Sue Ellen and Erin on the wonderful job you did chairing winter convention. Everything was well organized and the events were great fun! Charlotte

Fay C - THANK YOU so much for providing the Luncheon's decorations!!! It was a huge hit - I've already heard a lot of compliments about them! I appreciate all of your support with that (and everything else)!  
~ Sue Ellen

Thanks to Charlotte & Hetal for helping Erin and I with SO much of the preliminary planning and organizing of convention! It was VERY fun to see our ideas come to life!! :) Couldn't have done it without your help! ~ Sue Ellen

Erin - THANK YOU, THANK YOU, THANK YOU! You rocked and I SO appreciate all the work you put into convention with me! ~ Sue Ellen

Mary E-K - Thank you for EVERYTHING you did to help us with convention - CIPs, helping with name tags & programs, coming to convention after work to lend a hand and your encouraging words all the time!!!  
~ Sue Ellen

Linda N - THANK YOU for all of your help and for lending us the time/place of your home to get the programs and name tags ready! And THANK you for the crafty work you helped me with, too!!! You're fantastic! ~ Sue Ellen

Nancy Co - Andy did SUCH a great job - I was SO pleased and proud to have booked him for the gig!!! What a great entertainer and son you have raised! And congrats to our Outstanding Young Adult (OYA) recipient, Jacqui, who you nominated! She IS a fantastic young lady! Thanks for all of your help over the weekend, too! ~ Sue Ellen

Mary B & Melissa R - Thank you for lending a hand with the Banquet Set Up!!! How awesome that you just jump in to help - it's great knowing we're all a team! ~ Sue Ellen

EPWT Members Who Offered to Help @/with Convention - You're too many to name but I heard each one of you at some point say "Is there anything I can do to help?" and you have no idea how wonderful it is to hear and know that all of you were there backing Erin & I up to help us pull it all together!!! Thank you for all of your support!! I will say we're probably done with convention planning for awhile, so we'll just go and relax and enjoy the upcoming ones!!! ~ Sue Ellen

Congrats President Beth & our Fabulous Chapters on so many great awards!!!



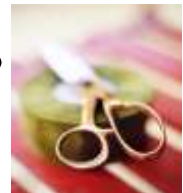
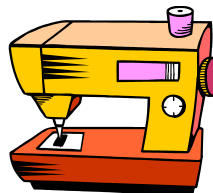
## Jeans for Teens



What do you get when you combine a great idea for a jeans collection from Christi Michaels-Flaherty with Audra Compton's contacts at Eden Prairie High School? Would you believe more than 500 pairs of jeans in Gail's living room? Yes it's true - the stars aligned and our Jeans for Teens Drive took on a life of its own. Audra coordinated with the high school helping to get the collection accepted as a school wide project. She also got the jeans transported from the school to Gail's on a tight time schedule over the holidays. Christi and her fashionista daughter Cheyanna then stepped into to help evaluate, size, and sort each pair, and Christi and Gail completed the effort by boxing, marking, and getting them delivered to those who could really use them. Jeans for women (56), men (45), children (66), as well as teens (118) were delivered to Mary's Place for a total of 285 pair. In addition, 149 pairs of Jeans for Teens went to The Bridge and 70 more pair went to Treehouse, where some of our donations went in the Fall. Although it may have been more work than we had planned on, the results were awesome and warmed all our hearts knowing we had really filled an unmet need in our community. Start saving those jeans again for another drive later in the year.

## There is Fun for Everyone!

Looking to try a new restaurant, find someone to play a board or card game, learn how to knit or just finish that cross-stitching project you started years ago, or maybe just socialize and build new friendships? Well we have something for you! In addition to EPWT's Foodie Adventures, we now have a new Game Night, and are working to set up an on-going needle-work/lap-craft type event. Watch for emails or Evites on these up-coming events and jump in and join the fun!



## EP's Other Best Kept Secret - Care-Giver Support

Mystery Monday on 1/31 provided a chance for a few of us to learn about the resources available to "care-givers" in our local community, as well as to share some information with 2 non-members about our own organization. Senior Community Services (SCS) is a coordinated group of resources available to help care-givers locate and provide the best possible support for their loved-ones particular situation. It is truly a community-based consortium of resources and tools to help you navigate the often unexpected journey of providing long-term support to a family member or friend. Their services and on-line "CareNextion" tool are free as are many of the support systems that they offer referrals for. Checkout what is available at [seniorcommunity.org](http://seniorcommunity.org) or visit [CareNextion.org](http://CareNextion.org) to try out the support tool. Don't let EP residents face this challenge alone - guidance and support is available and targeted to the needs of EP residents. Check it out and share the news!

## *Jane Adams: The Woman Who Changed Society – by Gail Weeks*

Who was Jane Adams? Simply put, she was the driving force behind the development of social work in America. She was the first woman and only social worker to ever be awarded the Nobel Peace prize. Although not born into poverty, her family upbringing, unique self-perspective, and chance exposure to overwhelming poverty set the stage to inspire one of the greatest social activists the world has ever known. Jane Adams is certainly the historical American woman that I would most like to meet.

Born into an upper-class family in 1860 in Cedarville, Illinois, Jane was the youngest of 8 children. Her father was a politician in the state legislature and a very close friend of Abraham Lincoln. When her mother died in 1863, her bond with father further strengthened. Under his firm influence, she developed a strong sense of independence. She was a pretty girl, but as the result of a curved spine she always felt ugly and crippled. This self-consciousness led to her increased sensitivity to those that were truly crippled by poverty or by physical ailments. Jane attended Rockford Female Seminary from 1877-1881 and was valedictorian of her class. She had always wanted to become a doctor, but was encouraged to find a husband instead as that was what was expected of upper-class women in the 1880s. Upon the unexpected death of her father, her world crumbled. Her family sent her to Europe hoping to lift her spirits and maybe meet a husband. It was there she was first exposed to overwhelming poverty on a visit to East London, England. The chance visit would change her life and the lives of hundreds of millions of people for centuries to come.

Jane Adams saw the poverty in Europe as an out-growth of the separation and limited education of upper-class women. She believed they “had lost their sense of empathy” when they may very well have been the only ones who could actually make a difference. She formed an idea to create a “settlement house” where young women could “learn life skills and more practical ideas”. In 1889 the idea became a reality when Jane Addams and her friend Ellen Gates Starr found Hull House, a settlement house, in Chicago.

The Hull House charter was to “provide a center for higher civic and social life, to institute and maintain educational and philanthropic enterprises, and to investigate and improve the conditions in the industrial districts of Chicago”. Jane believed that democracy was threatened by great economic disparity, and that minimization of social equality and support to those in need was the only solution. Today this sounds unremarkable, but in the late nineteenth century this was a revolutionary idea. And the revolution did come, be it slowly.

This was just the beginning of Jane’s social work and impact on society. In 1903 she became the vice president of the National Women's Trade Union League. In 1909 she helped to found the National Association for the Advancement of Colored People (NAACP), and later that year she was elected the first woman President of National Conference of Charities and Corrections (later know as the National Conference of Social Work). From 1911 through 1914 she was the first vice president of National American Woman Suffrage Association and the first head of National Federation of Settlement and Neighborhood Centers. She also helped organize the Woman's Peace Party and was elected its first chairman in 1915. She founded the Women's International League for Peace and Freedom, and served as president from 1919 to 1929. Jane Adams was surely a force to be reckoned with when it came to changing a culture.

In 1931 Jane Adams was awarded the Nobel Peace Prize for her tireless work in the face of great societal opposition to abolish child labor and the death penalty, institute safety laws for factory workers, ensure civil rights for women and all people of color, protect freedom of speech, and enact prison reform. She died in 1935 just a few days after discovering she had cancer, and leaving behind a legacy we still struggle to fulfill. We, the Women of Today, are service growth, and fellowship, but we might be nothing without the fortitude and vision of a young woman from Illinois who believed she could make a difference. I guess I just want to know, “How could she be so brave?”