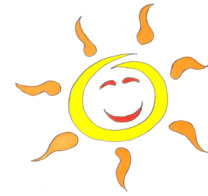


June 2011

**Eden Prairie Women of Today
Newsletter**



Letter from our President, Charlotte!

Hello Members,

June is finally upon us however you wouldn't know it with the kind of weather we have been having. I find myself longing for 80 degree days full of sunshine as my husband and I prepare our house for Spring and Summer. My husband has been focusing on keeping the lawn mowed while I finally bought some bright flowers to trim the house. Of course several of the flowers are pink. We have all just celebrated Memorial Day with good food in the company of friends and family while reflecting upon those who gave their lives for our freedom. Like me I am sure you also keeping in your thoughts those who are still fighting for our country and could not be with their families this holiday, wishing them a safe return home.

In the Women of Today world June is a time of planning. Chapter & State Presidents are putting together their Plan of Action and also with many of the other chapter and state officers are working diligently to complete their fast starts. The Eden Prairie chapter is once again celebrating achieving 1st in success for 3rd trimester! Kudos to Past President Beth Wojahn and all of you for working so hard to make this happen. While we celebrate the successes of the past there is an air of excitement as we look forward to all of the potential possibilities for the 2011-2012 WOT calendar year!

While I wish for warm summer weather I also wish for a productive and fun year! I am wishing new opportunities for our members, now triumphs, new ideas popping up like bright flowers and exciting new memories. Remember that this year is yours! Take every opportunity to make the most of your Women of Today journey! "If you really want to do something, you'll find a way; if you don't you'll find an excuse." An excuse is a reason one comes up with in order to not have to do something. I feel the need to define the word excuse because from what I have seen since joining this chapter, the EPWT do not know the meaning of the word excuse! There are a lot of things we want to do and we will always find a way to make positive things happen!

In Friendship,

Charlotte Perz

EPWT Chapter President 2011-2012

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Upcoming events can be found on our website under "Upcoming Events"

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

EPWT Goes Commando!- by Amber Stoner

Cheers to Erin T., new member Tina T., Sue Ellen T., Toni K., Amber S., along with a few family and friends for signing up to Go Commando!! For fun and fitness, we put together this team to participate in the Go Commando 5K Adventure Race on June 25, 2011 at Green Acres Park in North St. Paul. The race features a 5K run (3.1 miles) with 13 "adventures" including a climb over hay bales, a water slide, a run in the sand, a winding dash through the woods, and more! We are gonna get muddy!! This 21 and over event features an onsite post-race party with food and drinks. The event is organized by the Team Ortho Foundation which provides races, training and donations in support of orthopaedic research and active lifestyles.

Questions? Email Amber: amberlina42@hotmail.com



A few words from our fabulous Membership Vice President, Barb Pabst!

Welcome new members!!!! We are so excited to have you in our chapter and get to know you.

1. Brianna Pezon – joined April 30, 2011
2. Lia Ringhausen – joined May 4, 2011
3. Tina Thompson – joined May 19, 2011

* Membership Committee Meeting – Monday June 13, 2011, Ruby Tuesday's Eden Prairie, 6:30 – 8:30 pm. Please RSVP to me if you plan on being there.

* Early Bird Renewals for those who joined during the first trimester (May, June, July and August) due in early July. You will be contacted by email as a reminder.

* Roster updates. Whenever we have a new member, or changes of address, emails, phone #'s, etc, we add it to our roster and send it to you by email. Since we have so many members in our chapter, the formatting is small when it comes to you. We are not able to change that from our end. I know that it is hard to read, so I am suggesting that when you receive it, that you can enlarge it to your preferences. Thank you for understanding.

* Date for New Member Orientation will be decided at the Membership Committee Meeting.

Women of Today Week! Chairs Needed!!

Save the Dates:

Saturday, September 10th – Sunday, September 18th

Co-chairs, Amber Stoner and Fay Clark, are looking way ahead to September and Women of Today Week!! Check out the fantastic activities we have so far. Interested in chairing an event? Wonderful! Contact Amber or Fay.

Saturday: Adopt-a-Highway, Kim B to chair (Thanks!); Lunch, chair needed.

Sunday: Rest and get ready for a Fabulous Week!

Monday: Walk at 5:30PM, Women's Safety at 6:30PM, Two chairs needed.

Tuesday: Get to Know Each Other Potluck social of wine, cheese, and dessert, Also, can be certification night, impromptu speeches, Hostess/Chair needed.

Wednesday: Your ideas needed! What would you love to do on this day/night? Let us know!

Thursday: Dinner and Monthly Meeting with a speaker from State WT, Charlotte P. to chair (Thanks!), one more chair needed, Flair for Teachers project, Fill teachers' wishlists! Two chairs needed.

Friday: Unbirthday Party: Collect and Assemble Birthday Bags!, Two chairs needed.

Saturday: Blood Drive, chair needed.

Sunday: Day at the Diamond with MNWT, Licia J to chair (Thanks!).

Let's make Women of Today Week the highlight of September!! Together we can do it!

"It's never too late to be what you might have been." ~ George Elliot

Homeless Youth in Suburbia: UNDERSTAND. CONNECT. ACT. - Recap by Barb Pabst

Sponsored by the City of Bloomington and the League of Women Voters

Held at the Bloomington Civic Center, Saturday April 30, 2011

I had the privilege of being able to attend this inspirational event. There were about 160 in attendance from Bloomington and the surrounding suburbs and we were able to hear from a panel of educators, volunteers, and professionals about the topic. There was an exhibitor fair with information about other organizations that provide resources for at risk youth. We also heard some personal stories from two women who had experienced homelessness in their lives and were fortunately able to overcome these obstacles through support and community efforts. I left with a new understanding and a desire to take action.



March for Babies - Recap by Barb Pabst

Event location was at Parade Stadium in Minneapolis, on May 1, 2011

It was a very cold blustery day in Minneapolis, but that did not stop countless walkers from participating in the 4 Mile walk to help prevent premature births and birth defects. There were two walkers from the Eden Prairie Chapter: Barb Pabst and Charlotte Perz. We had a great time and were thankful for Charlotte's warm car when we completed the walk. Our chapter raised \$95 from walkers and online donations plus \$25 matching donation for a grand total of \$120 raised. How exciting!



Gaming Our Way to SUCCESS! - Recap by Gail Weeks



We may not have won big at the Casino, but the 5 EPWT members that attended MNWT Annual Convention in Morton, MN September 20-22, certainly came home with the loot! Our chapter's outstanding efforts in service, growth, and fellowship once again led us to win 1st place in SUCCESS for both 3rd trimester and the 2010-2011 year, as well as for both in Population Division 6. As a chapter we also won awards for exceeding 75% membership retention and year-end growth, in addition to individual efforts by many of our members at the local, district, and state level were also acknowledged.

At the local level we won the Living and Learning Project of the Trimester for Joanna's "Singing in the Spring" event. When it came to officers, a Gold Key was awarded to Melissa Redzuan for her work as our State Delegate and a Bronze Key was awarded to Beth Wojahn for her leadership as Chapter President. Marie Robinson also won a Gold Key for the work she did this past year as the State Chapter Management Vice President. The Gold, Silver, and Bronze Keys are the highest awards presented to leaders in our organization for their service, and they are based on a detailed evaluation each submits at the end of her year. CONGRATULATIONS to these creative and shining leaders!

Presidential pins/medallions were also awarded to Katie Castro for her work as Executive Director, Gail Weeks for her support to the chapter board, Sue Ellen Toppings for her public relations efforts, and to Beth Wojahn for her leadership to our chapter. A couple more awards were also earned by our members, but we will keep them a secret until we can present these at an upcoming chapter meeting.

At a state level, our MN chapters reported that we donated more than \$185K in donations and provided more than \$214K in service hours value, and we know probably less than half of what MNWT chapters do is actually reported! Thanks to all the work you all did this past year to make the world a better place while growing your own skills and having a lot of fun!

A Note About MS - by Shannon Seymour

I decided that since I can not participate in this year's MS150 (2 days of riding my bicycle from Duluth to the TC) that I could still raise awareness by sharing some information about this unpredictable disease. So, here I go! =]

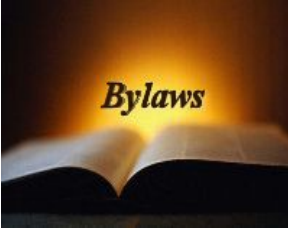
MS, Multiple Sclerosis, is a progressive and chronic disease of the central nervous system. The central nervous is the brain, spinal cord and optic nerves. Being an autoimmune disease, the affected person's immune system incorrectly attacks their healthy tissue, in this case their myelin and nerves. The myelin and nerves it surrounds are damaged, at times leaving behind hard scars, resulting in array of symptoms. Some of the more common symptoms are dizziness, vertigo, problems with walking and coordination, blurred vision, blindness, slurred speech and numbness. Symptoms can be random and can be different for each individual. It affects 400,000 Americans, 2 to 3 times more women than men, and there are 200 newly diagnosed cases each week. Most commonly people notice the symptoms and get diagnosed between the ages of 20 and 50 years old, but it can show up in any age group. Researches are currently looking at a possible link between sun exposure, vitamin D, and MS.

I ride for MS in the hopes of finding more than just drugs that help manage symptoms but for a cure. The National MS Society has many opportunities for people to get involved and help. There is a ton of information on their website at www.nationmssociety.org.

Also, the MS150 is June 10-12. I will be at the finish line June 12th cheering on my team mates with Al (He is the personal reason we ride) and if anyone wants to join me give me a shout!!



Proposed Bylaw Changes in EPWT's Bylaws & Policies by Sue Ellen



After completing a review of our chapter's bylaws & policies, these were the items the Review Committee determined necessary to change. We will be voting on these proposed changes at the June 15th Meeting. Please email Sue Ellen if you have any comments, questions, or concerns regarding the changes. If you would like to review the bylaws & policies as they are written currently (prior to any changes), please follow this link:

<http://epwt.org/Forms/ByLawsPolicies.pdf>

Bylaws & Policies:

- 1) Bylaw Article III, Section 3, which currently reads "This organization is a member of the District 11 Women of Today...", be changed to "District 10 Women of Today."*
- 2) Bylaw Article V, Section 1, which currently reads "The official bank of this corporation shall be the Community Bank of Eden Prairie," shall change to "The official bank of this corporation shall be Star Bank of Eden Prairie."*
- 3) Bylaw Article V, Section 2, which currently reads "The Secretary may sign checks in the absence of both the President and the Treasurer," be changed to "The Immediate Past President may sign checks...."*
- 4) Bylaw Article XI, Section 1, which currently reads "Before an amendment can be voted on, it must either have been submitted in writing and read to the membership at a regular meeting at least thirty (30) days prior to voting, or have been mailed to each voting member at least ten (10) days prior to the meeting where action will be taken," be changed to "or have been mailed or emailed to each voting member at least 10 (ten) days prior...."*

—

*In Friendship,
Sue Ellen Toppings*



A wise person once said . . . There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right; pray for the ones who don't. Life is too short to be anything but happy. Falling down is a part of life; getting back up is living.

State Delegate WANTED!

Interested in being EPWT's State Delegate?

If so, the position is opening up and I would love to speak with you! Nancy Cohen is no longer able to hold the position for this calendar year and we are looking for someone to replace this wonderful woman as State Delegate! This position is a fun and exciting one! The State Delegate is the liaison between the State Staff and the chapter and keeps members informed about upcoming conventions, district meetings, area meetings and other important information! If you are looking to learn more about Women of Today this is a great position that will help you do so! The State Delegate will have the opportunity to attend the Presidents & State Delegate retreat and also gets their dues for the next three conventions paid for out of the chapter budget as the State Delegate is strongly encouraged to attend conventions! Please feel free to reach out to myself if you are interested in this incredible opportunity. Melissa Redzuan and Gail Weeks were our most recent State Delegates and I am sure will be happy to answer questions regarding this position as well!

~Charlotte Perz



Chair/Co-Chair for Bingo WANTED! (Starting in September 2011)

Congratulations!

Great News: When we asked at the September 2010 meeting for ideas: What would you like to see EPWT doing? 90% of you said "You wanted to volunteer for different things"

Now's Your Chance! We only need two of you 48 members to step-up and volunteer for a chair & co-chair for the monthly Bingo at Park Rehab.

Now's YOUR chance to get involved. Bingo is the 2nd Wednesday of every month. Contact Suzanne Smith with any questions!



Recipes– from Cyndy Mertz

Streusel-Filled Coffee Cake

Mix thoroughly: $\frac{3}{4}$ cups sugar, $\frac{1}{4}$ cup shortening, 1 egg

Stir in: $\frac{1}{2}$ cup milk

Sift together & stir in: $1\frac{1}{2}$ cups sifted flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt

Streusel Mixture

$\frac{1}{2}$ cup brown sugar

2 Tbl flour

2 tsp cinnamon

2 Tbl melted butter

$\frac{1}{2}$ cup chopped nuts

In 8x8 greased pan, spread half of dough. Put layer of $\frac{1}{2}$ the streusel. Repeat

With layer of dough and top with streusel.

Bake for 25-35 minutes in 375 degrees.

Recipe can be doubled and baked in 9x13 pan



Cheese & Tomato Fondue

1 tsp. lemon juice

12 oz tomato juice

12 slices of American cheese

1 packet of Onion Soup Mix

Melt all together and keep warm in fondue pot

& serve with French bread.

Can make half of recipe

Frozen Blueberry Yogurt Pops

Makes 8 Pops

1 cup Ocean Spray Blueberry Juice Cocktail

1 cup fresh blueberries (cleaned and rinsed)

1 6-ounce container of fat-free vanilla yogurt

8 wooden craft sticks

Combine all ingredients in blender. Cover; blend on high Speed 15 to 20 seconds or until smooth.

Pour into 8 frozen pop molds (2.5 oz to 3 oz each).

Cover, insert craft sticks, & freeze for 2 hours or until completely firm.

To serve, dip outsides of molds into warm water to loosen



Zoot Notes

Shannon S. & Kimberly R. ~Thank you so much for organizing and running an informative LPM training on May 31, 2011! Great job awesome VP's!!!! ~Charlotte Perz

Brianna Pezon, Lia Ringhausen & Tina Thompson ~A BIG HUGE warm welcome to the Eden Prairie Women of Today. We are so thrilled to have you and look forward to getting to know you better! ~Charlotte Perz

Mary E-K ~Happy happy anniversary to you and Steve! I hope you enjoyed your time together and wish you many more years of wedded bliss and happiness! ~Charlotte Perz

Erin T. ~CONGRATULATIONS!!!!!! I wish you and Brandon every happiness in the world! Enjoy your new life together. ~Charlotte Perz

Barb ~Nice job putting the membership committee into action. I am looking forward to your first meeting! ~Charlotte Perz

Nancy C. ~Welcome back! We missed seeing your smiling face! ~Charlotte Perz

Laura ~Thank you so much for coming to Art-A-Whirl! It meant so much to see one of my fellow EPWT ladies at our studio! I just wish I could have had more visiting time! =] ~Shannon S

Joan ~ I am so glad you are the Can-do Canines LPM! I look forward to working with you and getting to know you more! ~ Shannon S

Gail ~ So excited that you are the Community Connections LPM! I'm hoping some of your organizational skills will rub off on me! =] Looking forward to working with you and getting to know you more! ~Shannon S

EPWT ~Congrats FIRST IN SUCCESS!!!! WOOOHOOO! ~Melissa R

Charlotte ~You rock!!!! Great job on your First Meeting. **GO PINK!!** ~Melissa

Barb P ~You did an awesome job as MVP-Good Job! ~Melissa

Erin T ~Congratulations on your Wedding!!!! Can't wait to see pictures! ~Melissa

Hetal ~Love the new newsletter. Awesome job!!!! ~Melissa

To All My EPWT Friends ~ I am going to miss you all so much!!!! See you soon. ~Melissa

Christi M-F ~Thanks for giving Jaya that ADORABLE dress! She absolutely loves it and gets many compliments, thanks for thinking of us! ~Hetal

Charlotte ~Great job on your first meeting, pneumonia and all! What a trooper! Go PINK! ~ Sue Ellen

Erin ~Hope your wedding is FANTASTIC and you feel like a Princess the whole time! ~ Sue Ellen

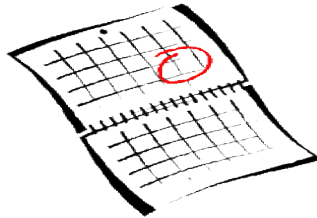
Beth W ~Good luck on your first District Meeting on June 30th! I can't wait to meet our new chapters with you! ~ Sue Ellen



Dates to Remember

District Meeting Reminder:

Mark Your Calendars: Our first meeting as a chapter member of District 10 is coming up on Thursday June 30, 2011! This will be our fantastic member Beth Wojahn's first meeting as District Director. I know that we are all extremely happy for her and excited to see her and her new district board in action! The meeting will be held in Savage. The exact location will be communicated as soon as it is determined. For planning purposes district meetings usually start around 6:00pm for those who attend the dinner with the meeting starting at 7:00pm. Let's show Beth our support by having as many EPWT members attend as possible! Please keep a look out in your email and at the next Chapter meeting for more details! ~ Charlotte Perz



Foodie Adventure: June 1, 2011

Samba—Taste of Brazil

922 Main Street

Hopkins, MN

952-935-2708

www.sambatasteofbrazil.com

Please be considerate and RSVP to future Evites for Foodie Adventures if you are planning to attend, it helps when making reservations for a big group....

VERY IMPORTANT!

Greetings Eden Prairie Women of Today

Stacey Dietz and Hetal would like to remind you that the Adopt a Highway event is scheduled for Sunday June 26, 2011!!!

EPWT sponsors Hennepin Town Road (parallel to 169) from Anderson Lakes Pkwy to River-view Rd, through the Adopt a Highway road clean up program.

We would love for you to join us. There will be a sign up sheet during the June meeting.

Trash bags will be provided for us to use. Please bring your own gloves!!! We will meet by Jerry's Foods at 9am!!

This would be a GREAT activity for little ones (ages 5 and up) to learn about taking care of our planet and helping clean up!

Also, a great workout for us!!! Friends and Family are welcome . Afterwards we will meet up for brunch/lunch to relax and chit chat!

