

# EDEN PRAIRIE WOMEN OF TODAY

## March 2011 NEWSLETTER

*Upcoming events can be found on our website under*

*“up-coming events.”*

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

### Letter from our President Beth

**Hello friends!**

With March comes the first day of spring. (I am SOOOO ready, how about you?!) With spring, comes new flowers, new buds on the trees -- a fresh start in the world of nature! It's a good time for a fresh start in our own lives, too. Maybe for you that means some spring cleaning or changing into a spring wardrobe - like finally getting to wear sandals! ☺

Or maybe it means you're looking forward to a fresh start with a new Women of Today year this spring! Don't you love how I work this back to WOT? We'll elect our next slate of officers at our meeting this month, and we'll start the new-year in May. That means lots of great new projects are coming our way! What will they be? What do you think they should be?

It's kind of like planting a garden in the spring: each year, there will be some beautiful new blooms -- but part of planning for them is planting what we've enjoyed in the past. So, what has been your favorite past Women of Today project? What do you think we should do in the future? Let me, or any board member, know.

Oh, the places we'll go...when we plan a beautiful year together.

In friendship

Beth W

The Eden Prairie Foundation Ball is coming up on

Saturday March 26, 2011

Reminder-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 event 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! We will be sending out a list of assignments within the next week and will of course have the list available at the ball. If you would prefer a different assignment after you see the list please let myself or Sue Ellen know and I am sure we can arrange something. We want this to be a fun event for all of you and appreciate you giving up a Saturday night!

Charlotte Perz



## 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

# MARCH FOR BABIES

A link for the Eden Prairie Women of Today has been created to register to walk or donate to March for Babies:

<http://www.marchforbabies.org/team/t1523119>.

The walk is on Saturday May 1<sup>st</sup>, 2011. Contact Barb Pabst with questions.



## The Bridge for Youth, Minneapolis MN

I wanted to thank everyone for your willingness to support me as Mrs. Bloomington International 2011 and my platform:

Runaway Prevention: Everyone's Responsibility,

by supporting the donation of funds raised to go to the Bride for Youth in Minneapolis.

I wanted to share a little bit of information regarding this organization.

Since 1970, The Bridge for Youth has played a critical role as our community's 24-hour access point for youth and families in need, directly accessible without waiting lists, fees or red tape.

Each year the demands grow, with increasingly complex cases in our emergency shelter and increased need for transitional and permanent housing. With a dedicated staff and strong support from the community, we help hundreds of youth each year get off the street and into safe shelter, reunite with families and build skills for a better life. The Bridge for Youth offers the full continuum of services needed to help youth and their families. These services include but are not limited to: prevention & family reunification, shelter, transition, healing and recovery and skills for rebuilding strong relationships and a healthier and safe lifestyle. For more information on this organization please visit their website at:

<http://www.bridgeforyouth.org/index2.html>.

For more information on my platform please visit my website at [2011mrsbloomington.com](http://2011mrsbloomington.com).



Thank you again so much for your support. Charlotte Perz

## Sing in the Spring

*"Music hath charms to soothe a savage breast, to soften rocks, or bend a knotted oak." ~ William Congreve*

Music has power -- we all know that there are some tunes that set our toes a-tappin', some that tap into emotional memories, and some that just tap our energy when they get stuck in our head. Plus, music is fun! Whether you're a soloist at church or need to turn the shower higher so your family doesn't hear you, you're invited -- and welcome -- to Sing in the Spring at Joanna T's house on Sunday, March 6 at 12:30 (yes, there will be brunch).

It doesn't matter if you think you can't sing - we'll be focusing on fun with our voices and improve with our friends under the leadership of Sarah M. Greer, founder of Songtaneous.com, director of the Spices a cappella ensemble, recipient of a grant to study vocal improv with Rhiannon in places like the Canary Islands - and fighter against "singing trauma," also known as "people telling you you can't sing." (Sarah's also Joanna's former coworker...and she has sung at the Dakota and with members of Bobby McFerrin's Voicestra.)

Some of the benefits of this kind of spontaneous singing Sarah has listed on her website include improved communication, creativity and connectivity -- she didn't say service, growth and fellowship, but those latter two are definitely part of this event. To quote Sarah, "[your] roles change throughout the communication. Sometimes you lead; sometimes you follow." And if that doesn't sound like Women of Today, I don't know what does.

So put a spring in your step and get yourself and your voice over to the Sing in Your Spring event Share Your Light event at Joanna's!



## **Oh, the Places You Will Go with Women of Today!**

**Interested in filling a position on the 2011-2012 EPWT Board? See below.**

### **President (currently Beth Wojahn)**

~ Typically, she enjoys people, is a good listener, is fairly organized, and is fair-minded.  
~ Duties: Runs all board & general meetings, oversees/guides chapter's planning process and projects, files monthly reports to MNWT, helps with the general flow of communication of the chapter (is often a point person, like a traffic director! LOL), attends many state and district meetings/conventions.

### **State Delegate: (currently Melissa Redzuan)**

~ Typically, she likes to meet people, can explain things well, gets excited about traveling (to conventions and other chapters/districts for events and meetings!)  
~ Duties: Promotes participation in district and state events/programs, relays info about state/district activity to the chapter, represents the chapter at state/district meetings, plans visitations to other chapters/districts, completes a report each trimester.

### **Membership Vice President: (currently Erin Trader)**

~ Typically, she enjoys working with & talking to people, likes to make plans  
~ Duties: Assists the chapter with membership responsibilities including renewals, membership nights, & orientation of new members.

### **Internal & External Vice Presidents: (currently Nancy Cohen, IVP & Charlotte Perz, EVP)**

~ Typically, these people enjoy supervising people, communicate well, and are excited about WT Programming  
~ Duties: Encourages Local Program Managers (LPMs - ask me if you're not sure what that is), helps train the LPMs, assists in reporting in the areas that do not have an LPM, motivates and recognizes LPMs.

### **Treasurer: (currently Beth Koehler)**

~ Typically, she is detail oriented, a good record keeper, likes to handle money  
~ Duties: Keeps track of the chapter finances, manages the checkbook and reports the financial status of the chapter at each meeting, assists chapter with annual audit, helps Membership VP and President with Member Renewals and New Member dues.

### **Secretary: (currently Licia Jacques)**

~ Typically, she is a good listener, has good follow-through, is good at taking notes.  
~ Keeps the official minutes of each meeting, may also serve as the official contact with the PALS chapter.

**Parliamentarian:** (currently Sue Ellen Toppings - this is usually combined with the Past President role, but doesn't necessarily have to be...)

~ Typically, she likes order and consistency  
~ Duties: Reads the orders of the day at each meeting, notes if there is a quorum at the meeting, assists in the voting process and motions, may chair of the Bylaw/Policy review.

## Local Program Managers

### Loco-What?????

Local Program Managers (LPMs, we call them often) are the point people to whom chairs of events will submit reports. Being an LPM in a chapter is a great way to learn more about our organization, get involved in another way, promote a cause near to your heart, or give our chapter the benefit of your own unique talents and skills! Here's what each area is about – think to yourself “Does this area sound like something I'd like to learn more about?” If so – let me know!! Just like Board positions, our LPM positions change each year, too, although they are not elected. Sometimes 2 members are Co-LPMs together!

#### Internal Programming Areas

~ Living and Learning: Programming area promotes participation and provides information and project ideas in the areas of personal growth of members; intellectually, spiritually, civically, and through family. This area also promotes the Effective Writing, Speaking and Impromptu competitions as well as the Women Who Impact award.

~ NEWSLET: This is the official newspaper of the Minnesota Women of Today. Every member is encouraged to submit an article to this newspaper by contacting the editor. Items included are: staff and program manager news, awards received at conventions, personal notes, chapter highlights, etc. Each member receives a copy of the publication delivered to her/his home. The NEWSLET state program manager will also offer tips and ideas on generating your own newsletters.

~ Public Relations: This area is the “how to” in utilizing your community assets: the local paper, cable network, radio, TV and businesses. Learn ways to spread Women of Today news! Founder's Day is celebrated July 1 and Women of Today Week is celebrated in September. Promote MNWT as one of the top ten volunteer groups to be a part of in Minnesota. This is a USWT programming area.

~ Records and Recognition: This area is designed to help encourage good record keeping. Ideas for chapter histories come from this area, as do awards and incentive ideas. Presidents, state delegates and executive council members complete individual entries at the end of each year that are beneficial to the next officer in that position. The entries are judged and keys are awarded based on the accomplishments recorded in the entries. Records and Recognition also coordinates the chapter Success System submissions.

~ Ways & Means: This programming area offers each chapter the means to raise funds for normal operating expenses. Check within your chapter handbook to see what your chapter does, and what month to expect a project. If you have an idea for a fundraiser, attend the board meeting and present it. The state organization raises funds in several different ways, including the State Store where members can purchase items carrying the Women of Today logo, manuals and various other items of interest. The State Store is open at all conventions, as well as LOTS and spring area meetings.

#### External Programming

~ Community Connections: This area encourages involvement in the local community (e.g. food shelf, a civic project, senior citizens, adopt-a-family, etc.) This area promotes Friendship Ventures, the Outstanding Person with Developmental Challenges Award, the Community Connections Awards, and national programming areas that do not fall under any MN programming area.

~ Can Do Canines: This is MNWT's 3 year priority area. It encourages members, chapters, and districts to become educated about Can Do Canines. Can Do Canines has been helping people with disabilities through the use of assistance dogs since 1987. They work with individuals who are deaf, hard-of-hearing or physically disabled, pairing them with dogs specially trained to alert them to important sounds or assist them in the activities of daily living. The assistance dogs deliver personal dignity through the gifts of independence, freedom and peace of mind. Pairing

the trained dogs with people with disabilities benefits the clients as well as their families, employers and communities. Whenever possible, they adopt dogs from local animal shelters to train for the programs. Chapter fundraisers, becoming a puppy raiser, speaking to groups in your community, or becoming involved in the many opportunities Can Do Canines provide for their clients are just a few ways we can support this wonderful organization. Check out their website and the CIP for upcoming events.

~ Women's Wellness: This area will focus on providing and supporting women's health education through traditional and holistic medical practices, as well as balanced lifestyles. The state program manager may promote up to two health areas and possibly one additional foundation of her choosing. The March of Dimes March for Babies will be promoted through this area.

~ Youth of Today: This area promotes ideas and activities that allow youth to discover and experience the importance of volunteering. This area also promotes the Outstanding Young Adult program, Kids Week and foundations related to youth activities.

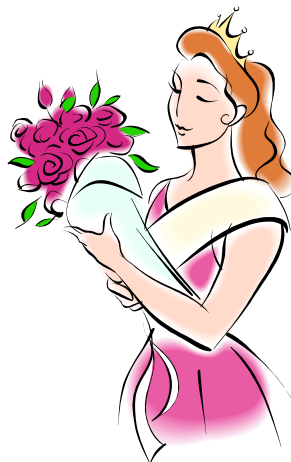
If you have any questions regarding LPMs, please contact anyone on the Board. We'll be happy to answer your questions! ~ Sue Ellen

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Our Own Charlotte Perz  
is Mrs. Bloomington International  
(Sure, we can say she is ours)

*Next weekend, March 11, 12 & 13 she will be competing for  
Mrs. Minnesota International in St. Cloud.*

Good luck Charlotte from all your friends at  
Eden Prairie Women of Today



## Balance

*As Women of Today, we dedicate ourselves to reaching out and making the world a better place. Meeting the needs of others is so fulfilling. We also have a lot on our plates in our personal lives: parenting, marriage, relationships, aging parents, etc. In our passion to help others, we often neglect our own needs. We may feel that we just don't have time or that we are being selfish or indulgent. I would like to encourage us to put our own needs first. If we are to have the energy to serve, inspire and influence those around us, we need to be filled. If we don't take care of ourselves, we cannot effectively take care of others.*

*We need to nurture our mind, body and spirits. Recently, some challenges have come my way. It has consumed much of my mind and spirit. It has been very emotionally exhausting. I did not realize how much it was affecting my body. My body has been lagging behind my mind and spirit. I have been intentional about self care these last few months. I allow myself to experience my emotions rather than suppress them. I participate in activities that nurture my soul. I take care of my physical health. By doing this, I am more effective in all of the many responsibilities in my life.*

*Aim for BALANCE. Exercise, Eat for nutrition, Breathe, Laugh, Cry, Celebrate, Nap, Take a bath, light candles, spend time with your favorite people. With balance, you can continue to be the light in your community that you desire to be.*

*Barb Pabst*

*EPWT Women's Wellness LPM*

### Stop 3PM Slumps

**Quick fatigue fighters at your desk from the new book *Dr. Mao's 8-Week Program: Simple Steps That Add Years to Your Life*, by Mao Shing Ni, PhD, 38<sup>th</sup> –generation doctor of Chinese medicine.**

- **Focus on your feet.** In stocking or bare feet, rub one of your heels against the sole of your other foot until you feel heat in the foot you are massaging. Then reverse feet and repeat with the other heel. This activates an acupuncture point for energy and vitality called Gushing Spring. Spend 5 minutes on each foot.
- **Indulge in an orange.** The pick-me-up scent of citrus can increase your energy research shows. Stimulating the olfactory nerve inside your nose activates the limbic system of your brain which is associated with mood and triggered by citrus.
- **Take a Breath.** Your brain, like a computer can handle only so much information before crashing. Perform a "quick system restore" by closing out work e-mail and unplugging your phone. Use the time to concentrate on slow, deep, rhythmic breathing – a great way to refresh your mind.

Eden Prairie Disability Awareness Committee (EPDAC)

Presents: "ADD & Loving It?!" Event

When: Thursday, April 28th

What: 2 Showings of "ADD & Loving It?!" DVD, a Resource Fair, and a Panel Discussion

Times: 1st Showing is 4-5pm, Panel Discussion is 5:30-6:30pm, 2nd Showing is 7-8pm, Resource Fair from 3:30-7pm

Where: Eden Prairie City Center, Heritage Rooms, 8080 Mitchell Road, EP

Volunteer Opportunities: Greeters, Ushers, Registration Table, Resource Fair set-up & take-down Helpers

In addition to this event, EPDAC is looking for more members on the committee. We're looking for people passionate about our Mission Statement and Goals and are ready for action!!!

*- Mission Statement of EPDAC -*

*To promote awareness and education in order to support individuals and families affected by disabilities to maximize everyone's potential for the benefit of all.*

*- Goals: 1. To bring people with and without disabilities together in shared activities. 2. To develop attitudes, values, and skills needed to get along with others. 3. To provide opportunities to meet, develop, and establish relationships with peers with like interests.*

*- Role of EPDAC member: Commit to, prepare for, and attend meetings or events; Act with integrity; Agree to support the majority decision; Represent a voice for others*

*If you are interested in joining this committee or would like more information regarding upcoming events or membership, please email Sue Ellen at [toppings11@gmail.com](mailto:toppings11@gmail.com).*

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*Quote: When the world says, "Give up," Hope whispers, "Try it one more time." ~ Author Unknown*

**"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more."**

**~Anthony Robbin**

**When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.**

**– Helen Keller**

# ZOOT NOTES

**President Beth ~ Great job at the February Meeting! It was fun to see some new things tried to make our meetings a little more efficient! ~ Sue Ellen**

**Rekha ~ It was great seeing you again at our meeting!! See you again soon!! ~ Sue Ellen**

**Nancy Co ~ Thanks for all of the work with the surveys! How impressive how many of us responded with such constructive feedback! ~ Sue Ellen**

**Pratibha ~ Hope you're getting lots of sleep and things are going well with you, the new baby, and your whole family! We'll see you when you're ready! ~ Sue Ellen**

**Kimberly R ~ Thanks for all you do for my daughter and all the other girls in your Girl Scouts Troop! You're a great Troop Leader!! ~ Sue Ellen**

**To The numerous members of EPWT (you know who you are!): I want to thank those of you whom have given me so much support with my jewelry business. Starting a business is frustrating but it helps to have a familiar face stop by my booth, house, tent, ect... just to say 'Hi!' or sit with me and keep me company or give suggestions for future jewelry designs. Thank you all very much.  
-Hetal**

**EPWT-THANK YOU so much for your support in backing me as Mrs. Bloomington 2011 and for supporting my platform Runaway Prevention: Everyone's Responsibility. It really means a lot to me!**

**Sue Ellen Toppings: THANK YOU again for taking on the Buffalo Wild Wings chicken wing challenge & for agreeing to be my co-chair for the Tulip Gala. You have been a HUGE help to me while I have been so busy!**

**Linda N.: Thank you for all you have done as the LPM for Can Do Canines over the past year. You do such a great job keeping everyone updated on what's going on in the organization and I can tell that you really have an interest in supporting this project. You are a hero to puppies everywhere!**

**Hetal A: Thank you for all of your hard over the past year as the Youth of Today LPM. You are highly organized and it shows. I miss you and we should get together soon! I haven't seen you in many months.**

**Lisa Y: Thank you for all of your hard work over the past year as the Community Connections LPM. This position is perfectly suited for you and it shows. You have introduced such great connects to the group like Flair for Teachers. What a great organization!!!! You rock!**

**Barb P: Thank you for all of your hard work and passion as the Women's Wellness LPM over the past year. You are such a kind and caring person which are perfect qualities for this position. Awesome job on your new business, I know you will be a great success. As soon as I have some free time I am stopping in for a massage!**

**2010-2011 EPWT Board-I cannot believe that our year as a board together is almost over☹ We have had some good times at our board meetings!**

**Beth W.-Thank you for being such a great president!!!! I have definitely enjoyed as will enjoy the remainder of my time as one of your VP's.**

**Cyndy M.-Thank you for putting together such a fun and informative newsletter each month. I can only imagine how much work goes into putting a newsletter together.**

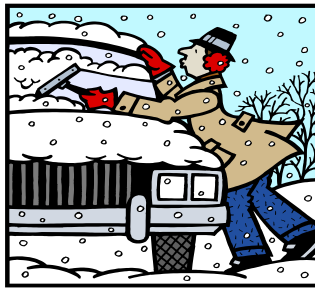
## FIVE FOR FRIENDLY SERVICE

*Five for Friendly Service is coming back in the month of March.*

*Are you tired? Does your body ache from all that snow shoveling and car cleaning? Well EPWT has the cure for you. For a mere*



*\$ 5.00 you get a chance to win a massage with Barb P. and the EPWT treasury gets a chance to fill back up. Don't miss this great opportunity.*



## Happy St. Patrick's Day all you Irish People



Q: What do you call fake stone in Ireland?

A: A sham Rock.

Q: What do you get if you cross poison ivy with a 4-leaf clover?

A: A rash of good luck.

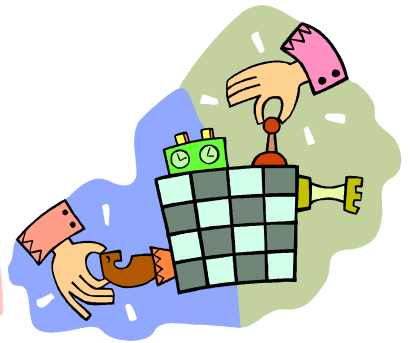
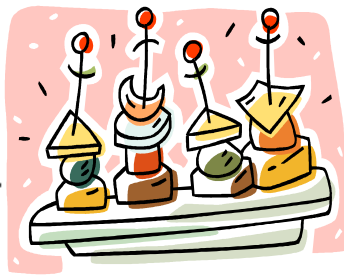
# Wanna Laugh and Laugh and Laugh?

Come to game night. What a blast. You laugh, learn, think, eat and just all and all have a great time.

Next night will be Friday, March 25<sup>th</sup>.  
Get it on your calendar.



LOL!



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Southwest Metro Magazine's Gallery Pictures ~ February 2011 "Be Brave, Go Bald"



**Be Brave, Go Bald!**

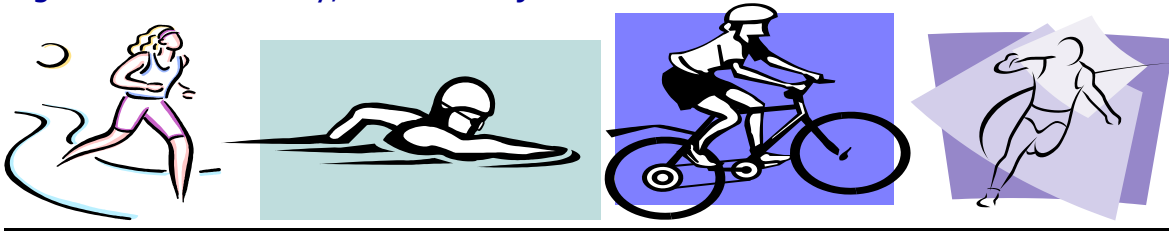
United with baldness, cancer, heart, and disabilities as their needs, the 500+ Brave Women of Today (Bald) campaign recently spent October 21 at the 7th Street Tavern. The group gathered together with Be Brave, Go Bald! to raise money for cancer organizations. Meet with 400+ women who share the same hairless experience. (1) Photo by Eddy Littoz (2) Photo by Eddy Littoz (3) Photo by Eddy Littoz (4) Photo by Eddy Littoz (5) Photo by Eddy Littoz (6) Photo by Eddy Littoz (7) Photo by Eddy Littoz (8) Photo by Eddy Littoz (9) Photo by Eddy Littoz

## Women of Today donate to Forest Hills Elementary School



## Triathlon Team(s)? Who Wants In?

There are several triathlons around Minnesota, and there are many of us who do at least ONE of the three parts of a Triathlon: Swim, Bike, Run! Let's put together a team or two (or more?), and see how many we can do this summer! Email Sue Ellen with which portion of a Tri you'd like to do, and we'll see how many teams we can put together and which Tri's we'll register for! And really, Summer IS just around the corner!



## "4-Things!" My To-Do List Trick!

Have you ever just wandered around the house, knowing you have a lot to do, but seem unfocused and you just don't know where to start? Or you're completely overwhelmed at work with the list of To-Do's piling high and just need to START it? Happens to me all the time! So about a year ago, a friend of mine and I started this little "4-Things" trick to get stuff crossed off the To-Do List. Here's what you do.

Step I ~ Talk a friend/relative/significant-other into joining you in this trick. She/he doesn't necessarily have to do it, but she/he has to be your "person of contact." Make sure you can be in contact on the day you're doing this. Contact can be through email, phone calls, or even on Facebook , Twitter, or whatever works for you both.

Step II ~ Tell your contact person 4 things you're going to get done and give the time you'll have them done by. Try to mix the harder jobs with some easy ones. My lists of 4-Things often include easy and obvious things, like "eat lunch," "check email," or "get Harry off the bus." ☺

Step III ~ Contact the friend when you've completed these 4-Things!! You'll find yourself trying to beat whatever time frame you gave yourself just to be a show-off to your contact person!

Step IV ~ Tell your contact a new list of 4-Things! Start process over!

That's it!! I do this when I can't stay focused or I have so many things to get done that I don't know where to start. Sometimes I go through these steps once in a day, but sometimes I get on a really good roll and have 2 or 3 lists of 4-Things done by the time I go to bed! It just helps me stay focused, gives me some accountability, and makes it fun because I get to talk to my contact person, too!!

Let me know if you try it and how you make it your own! I'd love to hear about it! ~ Sue Ellen

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## *For Girls Only*

On Sunday, February 20th, Nine hardy EPWT ladies braved the blizzard of the year to attend ' *Girls Only: Secret Comedy of Women* ' at Hennepin Stages. For two hours, laughter was the order of the day as the two-woman cast took the audience on a romp from bra stories to diaries of a

teenage girl, from a history of women to crafty uses for that "product" one has left after menopause. If you ever have a chance to see it, we highly recommend this totally irreverent look at the lives of girls and women.



## Spice Up your Life!!

By Hetal Agrawal



As a child, my mother would make me and my brother drink 'ginger juice' (1 Tblsp ground fresh ginger, 1 cup boiled water and 1 Tblsp honey) or 'Haldi milk' (1 tsp turmeric, 1 cup boiled milk, 1 tsp sugar) whenever we had the first symptoms of a cold, flu, or cough. I always thought my mom was just using her old fashioned Indian home remedies to make us think that we were feeling better and I drank the beverage to appease her. Now as a mother myself, I give my children the same home remedies whenever they get sick. Maybe my mom and grandmother were right. Perhaps their ancestors in India taught them the basic ayurvedic medicinal home remedies so that it could be passed onto the next generation. Asian and Arabic countries use spices not just to flavor up our dishes but also to endure the vast health benefits they all contain. Many scientists have been compiling years of data and research and have proven that these spices actually do help your health and they can be found right in your kitchen pantry.

Turmeric (Haldi)- readily available antiseptic for cuts, burns and bruises. It is also used as an antibacterial agent. It is taken in some Asian countries as a dietary supplement, which allegedly helps with stomach problems and other ailments. It is popular as a tea in Okinawa, Japan. Indians also use it as an anti-inflammatory agent, and remedy for gastrointestinal discomfort associated with irritable bowel syndrome, and other digestive disorders. In Afghanistan and northwest Pakistan, turmeric is applied to a piece of burnt cloth, and placed over a wound to cleanse and stimulate recovery. Indians, in addition to its Ayurvedic properties, use turmeric in a wide variety of skin creams that are also exported to neighboring countries. Turmeric is currently being investigated for possible benefits in Alzheimer's disease, cancer, arthritis, and other clinical disorders.

Coriander (Dhania Powder)- Coriander seeds can be boiled with water and drunk as indigenous medicine for colds. Coriander, like many spices, contains **antioxidants**, which can delay or prevent the spoilage of food seasoned with this spice. A study found both the leaves and seed to contain antioxidants, but the leaves were found to have a stronger effect. Chemicals derived from coriander leaves were found to have **antibacterial** activity against *Salmonella choleraesuis*, and this activity was found to be caused in part by these chemicals acting as nonionic **surfactants**. Coriander has been used as a **folk medicine** for the relief of anxiety and insomnia in Iran. Coriander seeds are used in traditional Indian medicine as a **diuretic** by boiling equal amounts of coriander seeds and cumin seeds, then cooling and consuming the resulting liquid. In holistic and traditional medicine, it is used as a **carminative** and as a digestive aid.

Coriander has been documented as a traditional treatment for **diabetes**. A study on mice found that coriander extract had both insulin-releasing and insulin-like activity. The seeds were used in a study on rats to have a significant **hypolipidemic** effect, resulting in lowering of levels of total **cholesterol** and **triglycerides**, and increasing levels of **high-density lipoprotein**. This effect appeared to be caused by increasing synthesis of **bile** by the liver and increasing the breakdown of cholesterol into other compounds.

Coriander juice (mixed with **turmeric** powder or mint juice) is used as a treatment for **acne**, applied to the face in the manner of toner.

Cumin Seeds (Jeera)- Cumin tea (dry seeds boiled in hot water) soothes acute stomach problems. It is commonly believed in parts of South Asia that cumin seeds help with digestion. Some scientific evidence suggests cumin may aid digestion by stimulating enzymes to break down foods

Caraway or Carom Seeds (Ajwain)- It is also traditionally known as a **digestive** aid, relieves abdominal discomfort due to indigestion and **antiseptic**. In southern parts of India dry seeds are powdered and soaked in milk, which is then filtered and fed to babies. Many assume that it relieves colic in babies and for kids it also improves digestion and appetite.

Asafoetida (Hing)- This pungent smelling spice is typically used as a digestive aid. It has also been used in fighting the flu and supposedly helpful in cases of asthma, whooping cough and bronchitis. Scientists in Taiwan report that the roots of Asafoetida produces natural **antiviral drug** compounds that kill the **swine flu** virus, **H1N1**.

Ginger Root- This versatile spice has chemicals that increase the **motility** of the **gastrointestinal tract** and have **analgesic**, **sedative**, **antipyretic** and **antibacterial** properties. All over the world, this root has been used for any common ailment such as the common cold, sore throat, and diarrhea. Ginger may also decrease pain from **arthritis**, though studies have been inconsistent, and may have **blood thinning** and **cholesterol** lowering properties that may make it useful for treating **heart disease**.

Garlic- In test tube studies, garlic has been found to have antibacterial, antiviral, and antifungal activity. However, these actions are less clear in humans. Garlic is also claimed to help prevent heart disease (including **atherosclerosis**, high **cholesterol**, and **high blood pressure**) and **cancer**. Garlic is used to prevent certain types of cancer, including stomach and colon cancers. In fact, countries where garlic is consumed in higher amounts, due to traditional cuisine, have been found to have a lower prevalence of cancer.

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**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](http://www.epwt.org) for more in-formation about our chapter and for directions to our meeting location.

**Eden Prairie Women of Today**

**PO BOX 46184 Eden Prairie, MN 55344**

**WEBSITE: [www.epwt.org](http://www.epwt.org)**