

May 2011



Eden Prairie Women of Today Newsletter

Letter from our President, Charlotte!

WOW, I cannot believe it is already the start of a new Women of Today calendar year. With a new year comes a new board, a new EPWT calendar full of old favorites and new experiences and more chances to help others continuing to make a positive impact in our communities. I am thrilled and honored to be your EPWT President for the 2011-2012 calendar year and hope that my board and I can make you as proud as Beth Wojahn and her board did.

My theme for the year is **Power with PINK** (People In Numbers & Knowledge)! I would imagine that most of you would not be shocked that I would incorporate the color pink into my theme. Yes, it is my FAVORITE color however the color pink actually stands for so much more. The color pink represents compassion, nurturing and love. A combination of red and white, pink contains the need for action of red, helping it to achieve the potential of success offered by white. This description is not only the reflective of the color pink but also of the Eden Prairie Women of Today. EPWT is a compassionate group of women who take action to make our community a better place and create success for each other and those we serve.

I have three main goals for the 2011-2012 year. One is to ensure that the board and I continue to be responsive and react to the feedback you provided to the survey our former fabulous President Beth Wojahn and her board sent out. Two is to help our current members become more activated by encouraging new ideas for activities or volunteer opportunities and supporting members as they step up to chair or co-chair a new project. My third goal for the coming year is to focus on the personal growth of our current membership. Being an active member of EPWT and WOT is important however we also need to focus on ourselves, our passions and goals for personal growth & success.

After finishing my M.B.A and stepping outside of my comfort zone by competing in a pageant I am trying to figure out what the next step is in my life. I have been married to work WAY to long and I think it was Erin that mentioned in our last meeting that she is most afraid of a life un-lived. I hope that you will all join me on this journey by momentarily stepping away from what feels comfortable & familiar and reaching for your personal goals for success or adventure. Based on some of the feedback from April's ice breaker I think we just might need to plan a trip the amusement park and take a ride on a few roller coasters!

I cannot wait to see where the year is going to take us! Having **Power with Pink**, we can inspire others, make a difference and do it with some BLING and looking fabulous!

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](http://www.epwt.org/upcoming_events.htm)

Surprise... the new Newsletter editor is!!! (drum roll please)

It's Hetal Agrawal!

I was quite hesitant to take on the roll of creating the monthly newsletter, but I figured that if I needed any help at all then I knew I could always ask Cyndy. She did an awesome job last year!

A little bit about me:

I'm a stay at home mom and I have a 3 year old daughter, Jaya, and a 4 year old son, Akhil. They are a handful at times, but I am very blessed by the joy they bring in my life. Aside from EPWT, I am an active member in MOMS Club of

Eden Prairie. I've played many characters within both organizations. From party planner to President of MOMS Club and from Youth of Today LPM to now Newsletter editor for EPWT!

As if that wasn't enough, I also started a handcrafted jewelry business last year called Elina's Treasures, LLC. The name comes from my daughter's middle name, Elina. She is all girly girl and loves to accessorize!

An odd fact that I'm sure only a handful of people know about me.... I have a Bachelors degree in Cell

and Structural Biology. Yup, I was a lab rat in my former life! When I lived in Chicago I worked in Pharmaceutical Quality Assurance. When the time is right I hope to go back to my career because I truly enjoyed it.

I hope you enjoy reading the newsletters for the upcoming year and I'm open to any suggestions or changes if you feel are necessary!

April Meeting Guest Speaker

Lisa Schmidtke from *Independent Home Living LLC* visited our chapter during our April membership meeting to discuss another service opportunity for our organization. She illustrated how her company's website can be utilized to help connect a volunteer with a senior in need of assistance around their home or with daily tasks when their caregiver is unable to. The support system's goal is to help em-

power seniors to live independently while giving their caregivers peace of mind if they were out of town or unable to help.

Lisa Schmidtke will be at the Senior Living Event at Star Bank on May 16th at 7pm. If you were unable to attend the meeting and are interested in learning more about this service, please come to the

Senior Living Event.

"With relatives & friends spread out, the website has allowed us to organize our efforts in caring for my mom."

Help Wanted: LPMS Needed!

**Local Program Manager (LPM) Positions ~ TWO still available!
Going once, going twice...**

*"A turtle makes progress when it sticks its neck out."
~ James B. Conant*

There are still 2 LPM positions available for the upcoming year – **Community Connections** (the area that many of our community helping events are in) and **Can Do Canines** (the last year of this organization as our Priority Project). If you take on any LPM Position, you do NOT chair or organize all of the events – you don't even have to do ANY of the events! You're our point person for that area! If you are thinking one of these last 2 positions could be filled by YOU, drop me or Charlotte P a line! We'd LOVE to see what you do with these positions!

What's Cookin' in Eden Prairie – Volume II!!! **(A message from Tammy Brooks)**

Dear former contributors!!!

It's that time of year!! I am starting early this year to make sure we have the BEST cookbook ever!! We had 400 recipes in volume 1 and I am hoping for at least 600 this time around! I sold over 550 cookbooks in just 3 weeks! Thanks to all of you for your support and wonderful recipes!!

*Please share this with anyone and everyone!! You can either e-mail me or send me your recipes!! This time you can submit your recipes to: www.typensave.com
Our group ID is edenprairie2- no spaces!
password is j94hd*

You can add someone's name as contributor if you want- eg." For my kids - Melissa and Erik" or you can add a comment about your recipe too – "This was my Grandma's favorite!!"

If you would rather mail me your recipes please send to:

*Tammy Brooks
17894 Bearpath Trail
Eden Prairie, MN 55347*

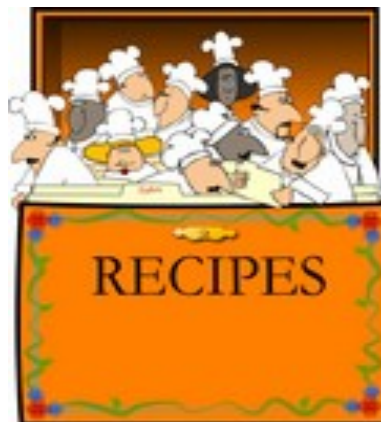
Include your phone number and e-mail so I can contact you when the cookbooks arrive!!!

Cookbooks will be here before the Christmas holiday!!

Thanks!!

*Tammy Brooks
952-937-8205*

PS! I have just a few cookbooks left of Volume 1 if you'd like any for Mother's Day!! They can also be purchased at Dunn Bros. coffee on Eden Prairie Rd. for \$15!



“ADD & Loving It?!” - Recap by Sue Ellen

Eden Prairie Disability Awareness Committee’s “ADD & Loving It?!”

What a fun and informative event this was for the Eden Prairie Disability Awareness Committee (EPDAC)! On Thursday, April 28th two showings of the documentary “ADD & Loving It?!” was put on (4-5pm and 7-8pm), a Panel Discussion (5:30-6:30pm), and a Resource Fair all went on at the EP City Center’s Heritage Rooms. EPWT had 5 members help out - Shannon, Charlotte, Tami, Beth W, and Sue Ellen – ran registration and helped where needed! (Thank you, Ladies!)

There were about 165 community members and teachers came to the event! What a fantastic turnout! CEU’s for teachers were available to apply for through the school towards Behavioral Management, too! Keep your eye out for the next EPDAC event! If you have input about what you’d like to see an event including, let me know! Or if you’d like to be an active member of EPDAC, we’re looking for more members, too!! ~ Sue Ellen



Nonverbal Communications PEP Course - Recap by Nancy Cohen

On March 22nd, 17 EPWT braved a stormy night to attend the last of Nancy Cohen's three-part series of presentations on various forms of communication. Earlier in the year, attendees learned about written communication, and on another occasion discussed verbal communication. This one, though, was all about those messages we send out to the world without uttering a sound or writing a word. For example, did you know that by "mirroring" the body language of someone you will be looked upon more favorably by that person? It's all subliminal, but you appear as someone the person would like.

Some of the things we learned:

- Between 60% - 75% of the impact of communication is non-verbal.
- When words and body language do not agree, most people will believe the unspoken messages.
- The message we send is clear when we are early, on time, and late. We communicate how important the person or event is to us.
- Some of us were more comfortable maintaining eye contact while speaking, while others preferred looking into the eyes of someone else who was speaking.
- While shaking hands, the person with the palm up is dominant, while the person with his or her palm down is submissive.
- If someone merely turns his or her head when speaking or listening rather than turning body to face the other person, the message is that there is fleeting interest and a desire to get away.
- Confident people take up more space and protect their territory by setting physical boundaries.
- If someone has a nervous habit or feels the need to squirm, tap, wiggle, or do some other repetitive movement, try scrunching toes inside shoes. No one can see it, but it fulfills the need to move.

Eden Prairie Foundation Ball Recap by Charlotte & Sue Ellen

On March 26th, 15 members of our chapter gathered to volunteer many service hours at the Eden Prairie Foundation Ball. Volunteers had fun working the registration table, helping with the silent auction, and running the silent auction close out in addition to helping with the live auction. We would like to thank all of our members who came to help out!

EPWT ROCKS!!!

Chanhassen Tulip Gala- May 7th- Save the Date!!

The Chanhassen Tulip Gala is coming up next Saturday May 7th. EPWT will be helping out with the Silent Auction set up on Friday evening May 6th from 4:30pm-??, Saturday morning from 9:00am-??? and the working the big show on Saturday evening May 7th starting at 5:00pm.

Saturday evening we will be working the registration table, running the silent auction, and silent auction close out, directing the high school volunteers, and assisting with the raffle items. Each day we will meet at the Oakridge Conference Center located at 1 Oakridge Dr., Chaska MN 55318.

The Tulip Gala is a REALLY fun event and the Chanhassen Rotary REALLY appreciates EPWT's involvement. Feel free to dress up for the event if you wish. Food will be provided for all volunteers and we will also get to partake in hors d'oeuvres and other beverages available to guests. Thank you so much to all who have volunteered so far. If you would still like to help out please feel free to contact us!

~Charlotte Perz & Sue Ellen Toppings

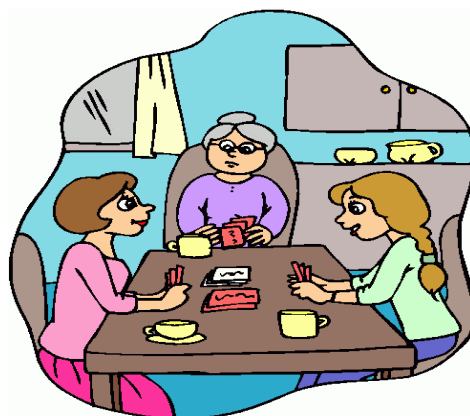


Game Night - "99" by Gail Weeks

Next time you have a bunch of your family and friends sitting around the table chatting, break out a couple of decks of cards and tryout this fun, competitive, and fast paced game. It only requires simple addition, and you can easily help younger children (or math challenged adults) with that.

- 1) You need 2 decks of cards - (3 if you have more than 10 players).*
- 2) Each player starts with 3 quarters.*
- 2) The dealer removes the jokers, shuffles the decks, and strews them all out face down on the table in a "messy draw pile", which everyone can reach.*
- 3) Each player then draws 3 cards from this "messy pile".*
- 4) The player to the dealer's left goes first, and the turn passes clockwise. On each turn, a player places one of his or her three cards face-up on the table in front of them. The player then calls out the total value of the face-up card as determined by the rules below. Finally, the player draws a replacement card from the face-down "messy draw pile". Play then passes to the next person. If the next player plays a card before the previous player draws a replacement card, the previous player must finish the game with only two cards in his or her hands.*
- 5) As the beginning of each round, the total value of the "count" begins at 0. For each card played, the "count" value increases by the face value of the card. For example, if the first card played in the round is a seven of clubs, the "count" value called is seven. Certain cards have special values or effects, as noted below.
Queens and Kings are 10 points.
Aces are either one point or 11 points, at the player's choice.
Fours keep the value of the "count" the same, but reverse the order of play from clockwise to counter-clockwise or back again.
Nines keep the value of the "count" the same and move play to the next player, effectively a pass.
Tens decrease the value of the "count" by ten.
Jacks immediately increase the total value of the "count" to 99.*
- 6) The "count" continues to increase in value until it reaches 99. If a player cannot play a card without taking the value of the "count" over 99, the round ends and that player must put a quarter in the "kitty cup". You cannot play a Jack on a "count" of 99.*
- 7) After each round, the "deal" passes to next player to the left of the previous dealer, and all cards played are placed face down back into the "messy draw pile". The dealer just stirs up the pile, and everyone draws 3 cards again.*
- 8) When a player loses all his or her quarters, he/she is then on their "honor". When they lose their honor, they are out of the game. The last person left is the winner and gets to keep all the quarters!*

Give it a try with any size group, but the more the merrier!



Richfield Easter Egg Hunt- Recap

Richfield WT's Easter Egg Hunt on Saturday, April 16th - Fay was the Easter Bunny. She's with Zoe in the pic to the right, and Zoe was the big Raffle Prize Winner of the event! Kids were able to find Easter eggs in the SNOW some of the morning - otherwise, just in the sand and grass and on the playground equipment! EPWT showed up in good numbers to help the Richfield chapter drum up some new members (hopefully)! A good time had by all!!!



Dates to Remember from Suzanne Smith

Bingo 5/11, 6/8, 7/13, 8/10,
9/14 6:30p - 8:00p Park Re-
hab - St. Louis Park

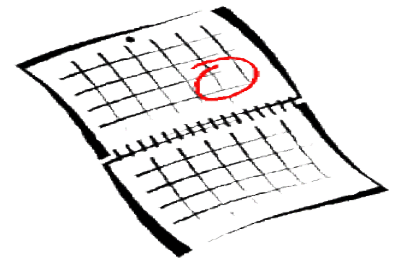
EP Library Book Sale -
5/14 9a - 3p

Foodie Adventure- June
1st will be next one .

Location TBD; also 7/6,
8/3, 9/7

Please check and put into
your calendars.

Thanks- Suzanne



Fun Tips by Cyndy Mertz

GREAT USES FOR MARBLES

• *Playful Arrangement*

Add marbles to the bottom of a vase to keep your daisies in the drink & make arranging, well, child's play.

• *Curtain Weights.*

Lightweight drapes & fabric shower curtains can billow with the faintest breeze. Keep them in place by cutting a small slit in the seam, slipping a few marbles into the hem, and sewing the opening back up.

• *Muscle Soother*

Store a handful of marbles in the freezer, drop them into a thin sock, then roll it across your sore spots for

ahh-inducing relief.

• *Spray Bottle Aid*

To pull the last bit of cleaner from a bottle, drop in a few marbles to raise the liquid's level to the spray tube.

• *Heartfelt Cupcake*

After filling a cupcake liner with batter, wedge a single marble between the liner and the pan to create a heart-shaped indent.

• *Soap Saver*

Add a layer of marbles to a soap dish to keep the bar from sticking (and the soap dish from getting slimy)



ABSTRACT MELTED CRAYON ART

You will need:

- Electric frying pan or warming tray.
- Heavy-duty aluminum foil
- Crayon stubs with paper removed (Fluorescent colors work beautifully)
- Heavy construction paper or blank stationary cards

1. Cover the bottom of an electric frying pan or warming tray with heavy-duty aluminum foil. Set the pan on LOW heat. Drop the bits of crayon right on the foil and watch them melt, forming small puddles.

2. To make note cards, fold a piece of heavy paper in half. While holding one half of the paper in one hand, gently lay the outside surface of the other half in several puddles of wax for a second or two.

Use a popsicle stick to press the paper into the wax if necessary. Lift the paper out of the wax. The colors should be brilliant and spread everywhere in a fascinating abstract design. If the melted crayon adheres in clumps, let it drip down the card a bit for a "lava lamp" effect. Lay aside to harden.

Check out www.donnasday.com for more fun crafts.



Yummy Recipe!



BEER DIP

Mix together:

- Two 8 oz. pkgs softened cream cheese
- 1/3 cup beer
- 2 cups shredded cheddar cheese
- 1 pkg Ranch dressing mix

Serve with crackers, bread, etc

Zoot Notes (We have a lot of them!)

Beth W ~ Great Year, Bethie!!! I'm SO excited to be on Exec Council with you this coming year! Keep Twirling! ~ Sue Ellen

Charlotte ~ Good Luck!! We'll have a fantastic year! I'm excited to see how "your" year unfolds! ~ Sue Ellen

Outgoing Board ~ Good Job, Ladies – Nancy Co, Charlotte, Erin, Melissa R, Beth K, Licia (& Gail, too)! Thank you for all you did this year! ~ Sue Ellen

Incoming Board ~ Kimberly R, Shannon, Barb, Nancy Co, Licia, Linda, Stacey - How exciting! I can't wait to see you all in your new positions, learning, growing and sharing! ~ Sue Ellen

Katie ~ Good luck with your first Year End stuff as our MNWT Executive Director! If you're in need of a filer or fixer – just call!! ~ Sue Ellen

Gail ~ Thank you so much for all of the records you kept this year - and all of your other volunteer activities this year! I appreciate you! ~ Sue Ellen

Bethie W ~ Great Year and Great Work. I am proud to be part of your board this year!!! And Congrats on your new position D10 Director. ~ Melissa R.

Charlotte ~ Congratulations! The New EPWT President. ~ Melissa

Nancy Cohen ~ You'll be Awesome as our New State Delegate ~ Melissa

New EPWT Board Members and LPM's ~ You guys will Rock It this Year! Here 's to more wonderful successful year ahead! ~Melissa & Hetal

Gail Weeks ~ Thank you for your wisdom and guidance and support ~ Melissa

Sue Ellen ~ Congratulations on your position next year, PR SPM- You'll Rock It! Can't wait to see you at the convention and cheer you on! ~ Melissa

Congratulations to all of the Internal LPMs for jobs well done this year! You made my job incredibly easy! ~ Nancy Cohen

Cyndy ~Thanks for all of your hard work on the newsletter this past year! ~ Joanna & Hetal

Barb P~ Thank you again for hosting Spa Night for your Share Your Light Night!! You had me with conversation and snacks, the hand scrub and shoulder massage were the icing on the cake! ~ Licia

Kimberly R~ You rock for organizing the shoe collection for Japan! Finally my shoe shopping addiction will benefit someone in need! ~ Licia

Tami M~ Thanks for bowling down at my level at Brunswick, I'm glad I wasn't in the 50s by myself :) ~ Licia

Charlotte ~ Can't wait to get to work on our 2011-2012 PINK-alicious board! ~ Licia

Linda N and Nancy C~ Thanks for planning a fun day at the Maple Grove Craft fair. ~ Barb

Beth W ~ Thanks for being a wonderful caring President. ~ Barb

Melissa R~ Thanks for the beautiful invitations for banquet and for your endearing personality. ~ Barb

Cyndy ~ Thanks for her caring friendship. ~ Barb

Zoot Notes Continued... (Yes we have 2 pages!!)

Sue Ellen~ Thanks for being Sue Ellen ~ Barb

Katie Castro~ Thanks for encouraging me to stretch myself by becoming a board member. ~Barb

To all of the wonderful women in our chapter who contribute so much of themselves to make the world a better place. ~Barb

To the EPWT membership ~ Thank you so much for trusting me with the important position of President. I hope I can do you all proud! ~Charlotte

Beth Wojahn ~ You were a FANTASTIC President! Oh the places we went...with Women of Today. I am thrilled to follow in your foot steps and look forward to your advise during the upcoming year. Also, Congrats on your new DD position! ~Charlotte

Shannon S., Kimberly R., Licia J., Linda N., Barb P., Stacy D., Nancy C. and Beth W ~ I am looking forward to our year together as a board. We will have a fun journey together! ~Charlotte

Hetal ~ I am so proud of you! Congratulations on your newspaper article and your business. You are a determined woman who is destined to make her mark in this world!!!! Go get em girl! Thank you for the "pink", you know what I mean.~) ~Charlotte

Nancy Cohen ~ I hope that you are enjoying you east coast trip! You are such a great mother! ~ Charlotte

Sue Ellen ~ My little Toppings, thank you for joining Gala Nation....meaning co-chairing both the EP Foundation Ball & Tulip Gala with me. It has been a TON of hard work and good times to "top" it off! You are "top" notch. ~ Charlotte

EPWT's New LPM's ~ Thank you so much for stepping up to take on these important roles. You are going to learn alot and teach us a lot this coming year! ~Charlotte

Something to Think About- From Our Pinkalicious President!

Interesting information about pink:

- In 1947, fashion designer Elsa Schiaparelli introduced the color "hot pink" to western fashion. She dubbed the shade "Shocking Pink," though today the color is more well-known as "magenta."
- First Lady, Mamie Eisenhower, who loved and wore pink so much it became known as "Mamie Pink".
- Pink encourages friendliness while discouraging aggression and ill-will.
- Since the color pink is said to have a tranquilizing effect, sport's teams sometimes use pink to paint the locker room used by opposing teams.
- Some studies of the color pink suggest that male weightlifters seem to lose strength in pink rooms, while women weightlifters tend to become stronger around the color.
- Pastries taste better when they come out of pink boxes or served on pink plates (it only works with sweets). Pink makes us crave sugar.



WHY SUCCESS?!

Success is all about recognition

No, SUCCESS is not for recognition only. Recognition is nice and we all love it, but SUCCESS is much more. The recognition comes as an acknowledgement to chapters for utilizing the SUCCESS program.

SUCCESS is a chapter management tool

What, a chapter management tool! Yes, the next time your chapter is planning the calendar for the year have the SUCCESS form and instructions there. Utilize the SUCCESS form to plan your activities for the year. This is the time to plan activities and events for each section of the SUCCESS form.

Membership is where the chapter completes the growth plan for the year and plans m-events. All members work this area whenever they are talking about Women of Today.

Meetings reference meetings outside of your chapter; that is District, Area, State, National, Committees, LOTS and President/State Delegate Retreat. Plan to have chapter members attend these meetings, possibly offer them a little incentive so they can learn more about all of the things that go on with Women of Today outside of their local chapter.

Chapter Management is a well-run chapter. Monthly board meetings with agendas and minutes, quorums at general meetings with agendas and minutes, participating in State Ways and Means, etc.

Programming is another area that may frighten some chapters; don't let it. Collect non-perishables for the local food bank and ask the boy scouts or girl scouts to help. Voila, you've participated in Community Connections and Youth of Today.

-Programming B is where we get in to certifications. Have you had your certification party yet? Most of us qualify for certifications by the many things we do in our everyday life. Have that certification party and help all of your members to see how they qualify.

Don't forget to submit those USWT project recognitions. Information can be found on our state website. If you have submitted a project of the trimester; you can certainly submit the US project recognition. Points can be claimed on the 1st or 3rd Trimester SUCCESS submissions only for another 50 points.

Take part in all or many of the areas on the SUCCESS form and your chapter will be SUCCESSful and receiving recognition during the SUCCESS march at convention.

