



Eden Prairie Women of Today

November 2005

www.epwt.org

Vol. 3, Issue 7

Mark Your Calendars!



- Nov. 2- .. HopeChest Gala Pricing
3 (Former Mervyn's at EP
Mall)
- Nov. 3... Butter Braid Orders
Due
- Nov. 6... PALS Makeover Social
(Origins at Galleria)
- Nov. 9... Card Making for
Seniors
- Nov. 10.. Board Meeting at Old
Chicago
- Nov. 11- . Fall State Convention at
13 Cragun's near Brainerd
- Nov. 17 . General Meeting (but-
ter braids delivered)
- Nov. 19 Herberger's
Community Days
Fundraiser

November Birthdays



- Natalie Kruger-
Nov. 11
- Audra Compton-
Nov. 13
- Jan Mars-Nov. 19
- Joanna Takes-Nov. 21

Welcome

EPWT welcomes new
member
Trish Powell

President's Letter

Happy November! It's the time of year that marks the beginning of the season when you'll be spending more of those special times with your family, and it's also the first month of the last half of our Women of Today year. It's a good time for a bit of reflection (you know, in between the turkey roasting and the shopping and the *everything*).

Have you accomplished what you wanted to so far in WT this year? What would you like to get out of the rest of the year? What are your thoughts on where you'd like our chapter to go? One great way to think about this is to answer the questions in the anonymous survey on the web site, at <http://www.epwt.org/survey.htm>. And, if you put a little thought into your goals now, you'll be raring to go in January for the rest of this WT year—and the next!

*In friendship,
Joanna*

Chapter By-Law Review

Each year our chapter takes a look at the by-laws and policies and revises and refines them. As the chapter parliamentarian, it is my role to coordinate this by-law review. Please take a look at the most recent version of this document at <http://www.epwt.org/Forms/ByLawsPolicies.pdf> and please either provide me feedback in the form of an e-mail or keep your thoughts in mind for a by-law review to come this winter.

- Stacy Pearson

Certification Corner

Here are some tips to help you fill out your effective speaking certification. These can be found online in the book of forms: http://www.mnwt.org/bof_programming.htm.

- 1. Ice Breaker** - Hopefully your chapter does an ice breaker at each meeting. If not, volunteer to do one and point out that all members who participate are one step closer to certifying in Effective Speaking.
- 2. Impromptus** - After a general membership meeting, get together with some friends to complete impromptus, bring a basket of topics and incorporate a impromptu opportunity into your meeting, or come to a District or State meeting and participate in an impromptu there.
- 3. Report** - Give a report at your general membership meeting regarding these certification tips, give a report on a project you chaired, or give a report on a new project.
- 4. Planned Presentation** - You could give a presentation at work, speak at your chapter meeting about a programming area, give a presentation about a portion of the State or National Women of Today organization, give a presentation for another organization, or give a training presentation to your chapter about some other portion of the Women of Today (this could be certifications, conventions, state committees, you name it!).

- Stacy Pearson

Herberger's Event Still Needs Volunteers

I have two openings left to help with Herberger's Community days on November 19, 2005. We are selling coupon books at the store for \$5. Our shift will start at 5:45 and ends at 9 p.m.

For those of you who volunteer, I will give each of you a coupon book. These coupon books are sold for \$5 and contain a \$5-off a purchase coupon. You also have a chance to win a trip to Cozumel Mexico.

Please e-mail me at maryb@evalumed.com.

- Mary Boerner



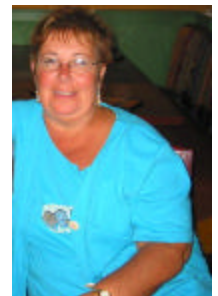
members of the
quarter

congratulations to
the lovely ladies who
are recognized at

the October meeting as EPWT
“High Flyers of the Quarter!”

Although it comes as a surprise to many of us, this member is uncomfortable speaking in front of a large group. Nevertheless, she was willing to step out of her box for the good of the group and give a presentation on EPWT to the Eden Prairie Chamber of Commerce this August, gaining our chapter more recognition in the community. She also serves on the chapter board, has chaired a successful fundraiser this quarter, serves as a Befriender to new members and has signed two new members this EPWT year.

**Congratulations
to Fay Clark, an
EPWT “High
Flyer of the
Quarter!”**



.....

This member serves Women of Today as both a Local and District Program Manager, continually providing other members with information designed to educate them on women's issues, health and history. She has also served the community this quarter through chairing the Eden Prairie Fire Department Open House project and chairing the Cornerstone domestic

(Members, continued on page 3)

(Members, continued from page 2)

violence organization fall cleanup —part of her ongoing involvement with Cornerstone in a variety of capacities, including working to bring a Personal Enrichment course to the clients.

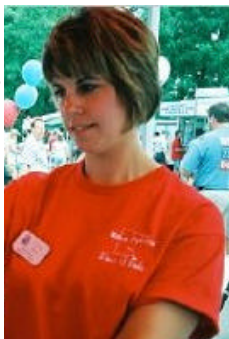


Congratulations to Cyndy Mertz, an EPWT “High Flyer of the Quarter!”



In addition to chairing a state committee and serving on the local board, this member also serves Women of Today in a District capacity as the District Program Manager who has coordinated a District programming fair for the fall meeting. In the local EPWT chapter, she has chaired at least one project each month of this quarter, coordinating an ice cream fundraiser in August; a gathering at the Hope Chest for Breast Cancer in September; and the poinsettia sales to support holiday PROP programs in October, while still managing to participate in other projects as well and to continue serving as the initial contact with EPWT for those who visit our web site.

Congratulations to Crystal Kokal, an EPWT “High Flyer of the Quarter!”



Fay Clark Speaks to EP Chamber of Commerce

On August 11, Fay Clark made a speech to the Eden Prairie Chamber of Commerce. Below is a transcript of her speech.

Hi, my name is Fay Clark and I am a Woman of Today. I am stepping outside my comfort zone by trying new things like speaking to you today, but that is what the Women of Today is all about: challenging each of us to reach our full potential. But, that is not all we're about. The Women of Today is about people, community service, leadership training and development. It is about fostering friendships and developing relationships within our community. About making a difference, making a friend, and having an impact on our neighborhoods. We are a small group of women with grand ideas!

So, when did Women of Today begin? In the spring of 1950, what is now known as the Minnesota Women of Today began as the Minnesota Mrs. Jaycees. By 1957, there were 90 chapters, and we were the largest state organization in the nation. The year 1978 saw our name change to Jaycee Women and our membership topped 5,000. In 1984, the U.S. Supreme Court ruled that the Minnesota Jaycees could not refuse membership to women and must comply with Minnesota's Public Accommodation Law. The Jaycee Women decided that we did not need or want to be part of the men's organization, so we sought legal counsel due to the impending dissolution of our organization. In March of 1985, approximately 80 percent of our membership voted to leave the Jaycees and become the Minnesota Women of Today laying the groundwork for other states to follow. On July 1, 1985, Governor Rudy Perpich declared the Minnesota Women of Today incorporated.

We are now associated with the U.S. Women of Today, which has representation in 17 states. In Minnesota, our current membership is just over 2,000, and we have 115 chapters statewide. Our state has the largest representation in the U.S. organization, and this year we celebrated our 55th year as a volunteer service organization.

The state organization is run by a volunteer staff and one—yes only one—paid employee. We have conventions four times per year in a variety of cities around the state.

In the past year our organization raised over \$350,000. In addition, 21,000 service hours were volunteered in communities around the state. This is just a one-year total, and yes, every little bit, and every person, does make a difference!

(Fay's Speech, continued on page 4)

(Fay's Speech, continued from page 3)

I am from the Eden Prairie Women of Today—just one of those 115 chapters. We just began our third year this May. We currently have 27 members who are women from various backgrounds, communities, and life experiences. We are working women, homemakers, mothers, grandmothers, married and single. We are women who want to make our communities a better place for all of us to live.

One of the things that makes our organization unique is our programming areas. We offer a multitude of opportunities for women to volunteer their time and energy. Members at the state level promote a variety of opportunities in areas such as Kidney Disease, March of Dimes, Girl Scouts, Focus on Women, Civic Awareness, Personal Enrichment, and many others. We offer members the ability to volunteer for a wide variety of organizations without committing themselves to just one.

As a chapter, we have participated in a variety of projects. Our first project was an ice cream social that raised money for the Girl Scouts. Granted, it wasn't as successful as we would have hoped—our ice cream melted and it was a bit too hot in the Wal-Mart parking lot—but we learned from our experience and had a great time in the process. What did we learn: don't run projects in July; it's too hot and if you do run projects in July, find some shade. Well, we didn't remember our lesson well because we did another hot project in July this year. We paired up with the City of Eden Prairie and helped run the children's game for the Fourth of July Celebration. Where, you ask, were these games held? Inside an outdoor hockey rink at Round Lake, where of course there is no shade, the temperature reached 102 and the breeze could not get round the hockey boards. I hope that now we've finally got it: summer projects, find some shade.

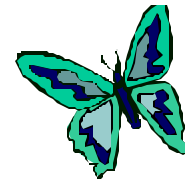
We also do simple projects such as collecting soup labels for Friendship Ventures, collecting Yoplait yogurt lids for the Susan G. Komen Foundation, and pop tabs for the Ronald McDonald House. Our families and friends also help, which multiplies our efforts.

However, our main interest is helping Eden Prairie and its surrounding communities as well as charities that are dear to our member's hearts. I only have time to mention a few of our favorites today, but we are always looking for new ways to help out!

We have partnered with the Eden Prairie Fire Department and raised money for their defibrillator fund. We are prepared to save you if you need it, since they offered us a free CPR course in return. We

(Fay's Speech, continued on page 5)

Joanna's Theme:



*We may not always reach our goal,
But there's recompense in trying.
Horizons broaden so much more,
The higher we are flying.*



2nd Quarter PE Course Recap

On October 18, eight people participated in the Communication Power in Action Personal Enrichment Course. The course consisted of a video, exercises, and discussion all around on the topic of communication. Watch for details on another Personal Enrichment course to come in 3rd or 4th quarter.



To: Fay Clark
From: Crystal Kelley

Thanks for making this great speech to the EP Chamber of Commerce. I think all prospective members should read it!

Web Site Quiz Answers

Now it can be revealed: the answers to the questions on the quiz about our chapter web site that appeared in the October newsletter. Congratulations to Stacy Pearson for doing such a great job as our webmaster and for receiving the prize at the October meeting!

What are the five reasons listed to join EPWT, and where did you find that link? Meet New Friends; Get Involved; Learn New Skills; Make a Difference; Treat Yourself. The link is on the home page.

Where can you submit a Zoot Note to give another member a pat on the back? Zoot Note Submission Form is on the "Member Resources" page under "Useful Forms."

Where do you find information on being a Befriender? The Befriender Program description is on the "Member Resources" page under "Other Useful Information."

What did members eat at at the 2004 Stress Management Course, and where did you find that information? Fondue. The description of the course is on the "Growth" page.

If you're planning to bring a motion to a meeting, where you can find a form to write it down? Motion Slip form is on "Member Resources" page under "Useful Forms."

Where would you send a friend who needed directions on how to get to our meeting place? The "About Us" page; click on the "driving directions" link.

Where do you find embarrassing photos of chapter members dancing with friends from across the state at a MNWT convention party? The "Convention Dances" photos on the bottom of the "Friendship" page.

How many copies should you have of a project report form, and where on the

(Quiz continued on page 6)

(Fay's Speech, continued from page 4)

have partnered with the Chanhassen Rotary on several projects including their annual Tulip Gala and July 4th festivities. We have donated several times to the local food shelf PROP. Some of these donations were birthday bags, school supplies, and yes, even food. During the holidays we sell poinsettias to local businesses as a fundraiser. Last year the funds from this project alone allowed us to support nine children and four seniors in PROP's annual adopt-a-family program.

A Girl Scout project that went much better than our float sale was Brownie Smile Day. We hosted this day for many local Brownie troops to earn a variety of badges. It was a fun day for our members and the Brownies! Project Linus is another great organization we have supported. This organization provides homemade blankets to kids in the hospital around the state. We have made them a variety of blankets. In the process, many of our members learned how to make fleece-tie blankets and improved their rubber stamping skills. On the state level, the Women of Today made over 900 blankets worth \$27,000. Yes every bit and every person does make a difference.

We have also partnered with Cornerstone to setup a library of kids' books, videos and video games, and we have future plans to offer leadership training to women served by Cornerstone. This organization's mission is to prevent domestic abuse by supporting children and adults to live violence-free lives. We are helping chair the Crohn's & Colitis Foundation's 2nd annual Heel to Heel walk this fall at the Mall of America. We are helping with registration, providing walkers, and helping coordinate the new silent auction at this event. Our goal is to raise \$ 40,000 for Crohn's & Colitis.

One of our favorite recent projects is working with the Crisis Nursery to shop for and cook a meal for the kids who are staying there that evening. Last time we made lasagna, and we have another meal scheduled later this month. Another project we have done more than once is making and writing out cards for local seniors. Our members gathered together to hand make holiday cards then spent a morning at a local senior center writing and addressing cards to their friends and families. And don't worry; you don't need to be creative to help make the cards, just willing to listen to the stories the seniors have to share. An event that makes your heart feel warm.

Some of our other events have included helping with the mailings for the Eden Prairie Foundation; volunteering at the Eden Prairie

(Fay's Speech, continued on page 6)

(Fay's Speech, continued from page 5)

International Festival; donating backpacks, flowers, and other supplies to Camp Eden Wood; donations to Toys for Tots; and serving as local election judges.

Well, we don't just volunteer our time; we also have to raise funds to help support our efforts. Most of these funds go toward donations or volunteer projects. Have you ever heard of a butter braid? I hadn't either until I heard the Women of Today rant about how delicious they are at one of our meetings. People are now always asking us when our next sale starts.

Another great one is our annual poinsettia sale. For this we send letters to local businesses asking them to purchase poinsettias to decorate their office or give to their employees or customers. In our first year we raised over \$500 to help adopt several people for the PROP annual adopt-a-family program. I have given you details in the info I provided for you today. This is one of our largest projects, and we hope that ordering these plants and helping PROP might find some support in your companies. Please take time to read the details and give us a call.

Some other fundraisers include working at the Herberger's Community Days selling \$5 off coupons to customers for \$5—that's a pretty easy sell—selling cookbooks; Current and Innisbrook papers; an ice cream social at Coldstone; a dinner at Chevy's restaurant; and even some Pampered Chef or Tastefully Simple Products! We try to find unique ways to raise funds so we aren't always hitting up our friends and family to buy things they really don't need.

Not only do we volunteer and raise funds, we also do many things to improve the lives of our members both personally and professionally. For example, we offer courses for Personal Enrichment including courses on Leadership, Teambuilding, Stress Management, Financial Planning, and Listening. One of our recent favorite courses was called "Live Out Loud." The main portion of this course was a professional video presentation by Amada Gore. She offered several techniques for coping with life and its challenges. Everyone left the course with new ideas, a joy for living, and skills that can be used everyday.

Members have opportunities to build their leadership skills through serving as leaders at the local, district, state, and even national levels of the organization. Some of these opportunities include supervising other leaders within the organization; working with state or national foundations; and learning to run meetings and resolve conflicts.

(Fay's Speech, continued on page 7)

(Quiz continued from page 5)

web site can you find it? Three copies: it's on the "Member Resources" page under "Useful Forms."

Where do you find a checklist of information for chairing a project? The Co-Chair Checklist is on the "Member Resources" page under "Other Useful Information."

If you wanted to make a great cake or salad you ate at a holiday party, where would you look? In the Holiday Recipes 2004 pdf found on the "Member Resources" page under "Other Useful Information."

If you wanted to submit another member for a state or national award, how would you find out which ones there are and who can do the nominating? Women of Today Award Listing describes this information. It's on the "Member Resources" page under "Other Useful Information."

What date is the March 2006 general meeting, and where on the web site did you find that information? March 16; it's on the calendar listing on the "Upcoming Events" page.

What catalog sends our chapter a quarterly check for orders, and where did you find this? Current Fundraiser; the Ongoing Fundraiser link is on the "Member Resources" page under "Other Useful Information."

Who received donations from an Oct. 2003 service project, and where did you find that information? Shriner's Hospital received the Blankets for Kids. The information is in the caption of a picture on the "Service" page.

How many photos did our chapter take of the Lawn Bowling event, and how do you look at them? 7 photos; click on the "Photo Album" link on the "Member Resources" page.

(BONUS QUESTION)

If you wanted to post a flyer about EPWT in your neighborhood, where would you find one? EPWT Flyer Options 1, 2 and 3 are available on the "Member Resources" page under "Other Useful Information."



(Fay's Speech, continued from page 6)

To: Stacy Pearson & Crystal Kokal
From: Fay Clark

A special thanks to both of you for helping me get ready for the presentation at the EP Chamber of Commerce. You also helped me qualify in effective speaking and effective writing. Way to go. Thanks, you are great friends.

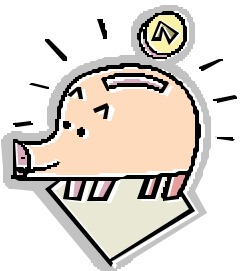


What we're really talking about is a wonderful day set aside on the

fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving? ~Erma Bombeck, "No One Diets on Thanksgiving," 26 November 1981

In addition there are opportunities to learn about women's health issues, develop our spiritual selves, learn skills to enhance our professional lives and foster friendships among our members. Another way we improve the lives of our members is to give them a break and make some new friends. We have a variety of social events and even have opportunities to build friendships around the state. Some of our recent social events include a family game day, Frisbee golf, dinners, miniature golf, a holiday party, card stamping, bowling, a couple's beer & pizza cruise, and wine tasting. We also have informal social events such as dinner before the meeting and drinks afterward for those who want to. Even our meetings are fun and give us a chance to get to know each other a little better. If there's one thing we have learned about any Women of Today is it must have food! Having food and having fun are kind of our unwritten bylaws—and we take them seriously.

Speaking of meetings, we meet monthly on the third Thursday of the month at 7 p.m. We are currently meeting at St. Andrew Church in Eden Prairie, but we'd meet any place for a free room. At our meetings, we talk about our upcoming projects as well as our recently completed ones. Members are encouraged to bring project ideas to the chapter board so we continue to support organizations that our members are passionate about, because each Women of Today Chapter is really what its members make it. They choose the projects, and each member can choose how involved she wants to be—a little or a lot—depending on her schedule and how busy her life is each month. Of course, many of us love it so much what we get *waaay* involved.



October
Treasurer's
Report

Beginning Balance: \$644.59
Income: \$1,229.00
Expenses: \$1,458.65

Ending Balance \$414.94

By reading my bio, you know that I joined this organization twice. It has made me the woman I am today. I became a leader and am now a mentor; skills that I have learned through this organization. I learned that I need to give back to my community, whether it was time, funds or great ideas to make me feel whole. This organization gives me plenty of opportunities for that!

I hope you are intrigued by our organization. Don't hesitate to visit our website anytime to see a list of upcoming events.

I would like to leave you with these thoughts: We, the Women of Today, are service, growth, and fellowship. We believe that through us great lessons can be learned, worthy deeds performed, and a hand of fellowship extended to millions of women everywhere. May we leave the world a better place because we lived and served within it.



From a Spark to a Fire: How Women of Today Has Lit My Life

by Joanna Takes

Joanna Takes won first place in the district essay contest. Below is her award-winning essay.

A few years ago, my life was dark. On at least one night, that was literal. I sat on the couch throughout the dark hours, the light of all my friends as far away as that of the stars.

Then I found the Women of Today organization. In the installation ceremony, as I joined as a hesitant new member, a flicker of light and of hope passed from the chapter's candle to the one I held. A small spark had leapt into my life.

That was in the spring, and all of the chapter's activities throughout that summer continued to brighten my life. It rained in real life at a chapter picnic, but light peeked through the clouds for me with the new friends I made. At a hot dog sale to benefit victims of domestic violence, the sunny day warmed my body, but the other members warmed my heart.

As the seasons changed into fall and winter, the amount of light reaching the earth diminished, but my heart **stayed** light. I found I could help to brighten others' days as well **through** collecting school supplies and helping to sort donated items for a charitable thrift store. Soon, the chapter **asked me to help spread the sunshine** to even more women in the community by serving as a local program manager for the public relations area.

That request was like lighting a match. It was one tiny spark of light, but in time, it would grow to a larger flame. Meanwhile, though, by acting as the PR LPM, I had the opportunity to strike into existence other pinpricks of light: the matches lit within other women as they heard about and became involved with the organization.

For me, I recall another night. Unlike the earlier night, before the organization had become a guiding polestar for me, the stars did not seem far away. Instead, they seemed close, and even warm, as another member and I chatted for nearly an hour beneath them in the parking lot after a meeting. We were in the process of forming a friendship, and creating a project that would serve to strengthen those ties for us and other women for years to come.

(Essay, continued on page 9)



to send poinsettia order forms out to about 100 businesses in or near Eden Prairie. This is a great fundraiser because we get our name out to local businesses and we members don't need to hit up our friends or family for orders.

So, here is where you come in. We need volunteers to sort the orders after they are delivered on November 29. Last year the sorting took approximately 1/2 hour, and it took place in the evening. We are anticipating about the same for this year—but it depends on the orders we receive. Then, on the morning of November 30, we need help delivering plants around town. Last year five or six of us spent one to two hours on delivery (including drive time). You could volunteer to take one load on your way to work, or you could make more than one trip. You'd be surprised at how many plants you can get into a car; so if you don't have a van or truck, you can still help with delivery!

Also, as a benefit to our members, we are offering plants for sale to you at a discount. If you want to order some plants for yourself or family, please let me know and I can e-mail you a form. If you order, please plan to pick up your own plants on either November 29 or 30. Also, if you know of a business that would like to order, let me know and I can send you the business form. Please let me know if you are willing to help or if you have any questions.

- Stacy Pearson



To: Joanna Takes
From: Crystal Kelley

All I can say is, "Wow." Your essay on "How WT has lit my life was so inspiring. It helped to remind me, at a time when I need it most, that when life is at its darkest, the last thing one should do is disappear. Thanks.



Samuel Adams, father of the American Revolution:

"It is therefore recommended ... to set apart Thursday the eighteenth day of December next, for solemn thanksgiving and praise, that with one heart and one voice the good people may express the grateful feelings of their hearts and consecrate themselves to the service of their divine benefactor ..." - November 1, 1777 (adopted by the 13 states as the first official Thanksgiving Proclamation)

The Eden Prairie Women of Today Newsletter is published monthly by the Eden Prairie Women of Today. Editor: Crystal Kelley. Contributors: Mary Boerner, Fay Clark, Crystal Kokal, Colleen Miller, Stacy Pearson, Joanna Takes. Visit us at www.epwt.org

(Essay, continued from page 8)

It was nearly time, though, for me to begin helping to light the matches that would illuminate the lives of women in another chapter. I knew that the friends I had made at first would keep a lamp burning for me, as for a family member who is out after dark, but I also knew that in the community where I now lived, there were many women for whom no one had turned on the lights: they had no Women of Today chapter.

As a few of us gathered to begin a new chapter, another chapter helped us to begin lighting sparks. Their extension team, metaphorically at least, handed us a branch ablaze with light. From that branch, each of us who began the new chapter took the light and the energy we needed to do so. The spark that had been lit within me when my first chapter asked me to help began to expand and burn even more brightly as I became even more involved.

I knew that Women of Today offered a huge variety of opportunities in programming, and I tried to convey that information to the new chapter members by shining a spotlight upon each of these areas. Of course, that helped to convey my enlightenment, too, about all the different possibilities that were available.

The aspect of Women of Today that has continued to provide me with the most cozy glow, however, is the friendships I make. I have kept in touch with my first chapter, and in my new chapter I have also seen the light within many women and watched as they reflect it back onto the community and their families and friends as we rake someone's yard for them, or tie fleece blankets for hospitalized children, or play board games with members' children on a winter morning.

As my Women of Today flame has burned even more intensely, I have made friends with women across the state as well. It is like watching pinpricks of light appear on a televised map as I think of the places across Minnesota my friends call home. It is a far cry from the night when I sat alone, thinking I knew no one at all in the state to call a friend.

My most recent nighttime story? It was a night where I hardly felt the darkness at all. It was lit nearly to the levels of daylight by a full moon and a brightly glowing fire, sparked and tended by the Women of Today. And with whom did I stand beneath the glowing moon? A friend.