

The Chick Times

STMA Women of Today

January 2012

President's Letter

It was fun to see everybody together again after the holiday break. We had a nice turnout for our January meeting. It sure makes it easier to venture out with this crazy winter weather we've been having although the cold weather is now here.

I'm excited to be serving as your president for the remainder of the year. When we work together what we can accomplish is endless.

Now it's time to gear up for the final four months of the year. I hope many of you will be able to be a part of the District Meeting we are hosting on Saturday, Feb. 25 chaired by Wendy. We have several other projects coming up yet this year. See a list included in the newsletter. Consider chairing one of those projects or a fun social or m-night.

"A person who never made a mistake never tried anything new." Albert Einstein

Thanks for all you do.

Kris Goodin

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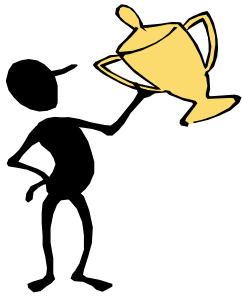
WHAT'S A GAL TO DO?

At the February general meeting we will be looking for people to take on board positions for next year. A list of positions will be passed around, if you are interested in a position, please put your name by it. If you think someone would be good in a certain position, please write their name down by the corresponding position.

The nominating committee will be contacting everyone to see how they can help with the chapter next year. We will also be looking for LPM's to fill those positions as well. Please start thinking about how you can help. More information will be coming. Any questions please contact Peggy.

Special points of interest:

- Award Winners
- Hungry? Thirsty? Or Bored?



AWARD WINNERS

December Member of the Month: Nancy Thompson

December Spotlight Member: Keely Swartzler

Mystery Box Winner: Nancy Thompson

Serves You Right Winner: Julie Sorenson

Below is sign up sheet of the projects we have coming up. Thanks to those that have signed up to chair a project. Please consider chairing one of the open areas. Let me know if you are interested or need more information. Kris Goodin

March

Craft Show/Business Expo, March 17th

Crafters: Dee

Concessions: _____

Set up: _____

Clean Up: _____

Cookies: Candyce _____ Heidi _____

Parking: _____

Signs: Marnette _____

PR: _____

April

Volunteer Week, April 15-21: _____

DARE Graduation: _____

Sr Scholarships: Amy _____, Emily _____

Senior Grad Party: _____

Catholic School Event: Jenny _____

PDC Olympics, April 28: Lori G _____

Primary/Elementary School Event: Track & Field Ribbons, May

STMA Women of Today
January 10, 2012 General Meeting Minutes

Attendees: Lisabet Thomas, Peggy Kaufman, Laurie Daniels, Kris Goodin, Carol Gore, Julie Davis, Bobbi Fehrmann, Candi Testa, Lisa Haines, Amy Hoffman, Jenny Leonard, Candyce Mros, Nancy Thompson, Marnette Hoiseve, Kathy Rice, Rachel Dodge, Meredith DonLevy, Joan Lindquist, Denise Wurm, Wendy Christensen, Sandi Estey, Emily Goldsberry, Lori Goutermont, Beth Pearson,

Call to Order: 7:02 p.m.

Pledge of Allegiance led by: Denise Wurm

MN Women of Today Creed led by: Candyce Mros

Guest: Melissa

A quorum was established with 24 members present.

Ice Breaker: Jenny lead us in, "What is your favorite winter activity?"

OFFICER'S REPORTS

Secretary: Nancy Thompson

- November General Meeting Minutes stand approved as written.
- Please send written reports to Nancy.
- January Birthday's are: Teresa D, Teresa W, Candi T, Emily G, Wendy C, Lisa H

Treasurer: Laurie Daniels

- All fall craft show expenses have been paid, except Don's Bus Co. bill of \$210.00 will take care of.
- Treasurer report: December balances, savings \$15,299.89 checking \$ 4388.12. January's balance savings \$15,301.19 checking \$2,773.30
- Motions: M/S/P Laurie D/Candi T, I move that we take \$250.00 from external misc. to fund Girl Power program.
- M/S/P Candi T/Candyce M, I move that we take \$100.00 from external misc. to cover the yearly advertising fee for the Knights Baseball Dugout Banner.
- M/S/P Peggy/Laurie D, I move that we take \$76.49 out of internal misc. to cover the cost of Lynn's going away presents
- M/S/P Joan/Marnette, I move that we go into a committee of the whole
- M/S/P Joan/Candyce, I move that we support Peggy in the event she seeks a state staff position

• **Membership:** Bobbi Fehrmann and Rachel Dodge

- Members up for renewal, 3rd Trimester. Please see Bobbi for renewal.
- Serves you Right: Winner Julie Sorenson
- Mystery box, \$1.00 for 3 tickets for a chance to win prize, money collected tonight will help purchase next months prize.
- Cookie Exchange-Social Marnette 12/8 7:30pm at Lake Comm. Bank, 2.5 hours service hours, 15 members participated, snacks provided, each member brought 1/2 dozen cookies to share. Lynn VDB won prize.
- Holiday Party Keely 12/17 6:00pm start 6:30 dinner, at Dawn P house, will have main dish. Members brought appetizers, bread and desserts. BYOB. 25 service hours. 37 members attended, budget \$300.00 spent \$226.83. Entertainment was Myrtle cost \$200.00 and was a blast! Hat contest winner was Sandi Estey. Fun had by all.
- Big Chick/Little Chick-deadline by April30.
- On time winner-Meredith DonLevy
- Need socials/m-events please sign up for one if you can!

Programming Vice Presidents: Jenny Leonard & Meredith DonLevy

Internal Programming: Meredith

- Emphasis month, January is Living & Learning, Effective speaking & writing
- Newsletter: Peggy Deadline January 17
- Public Relations: Open: If interested in chairing please contact Meredith.
- Social Media Committee:

Webmaster: Laurie please send anything for the website will be posting pictures.
Facebook: Candyce "friending" other chapters as a chapter. Send pictures will post.
Patch.Com: open, if interested please contact Meredith.

- Ways and Means: Candi,
 - State fundraiser, Pasta, none at this time.
 - Fall Craft Show 11/17 9-4 pm Numbers of Members Attending: 30. Money Spent: \$5,789.69 Money Raised: \$23,908.16 Net Profit of \$18,118.47. Money Donated: \$900.00: 500.00 to Wright County Explorers (helped with parking), and \$400.00 to STMA Sea Devils (helped with clean up) Service hours worked: 604.85 hours (parking: 75 hours; clean up: 34 hours; concessions: 274.35 hours; pr: 7 hours; cookies: 42 hours; set up: 40 hours; signs: 7.5 hours; crafters: 125 hours). Candi and Nancy (concessions) had drawing for those who helped at concessions, winner was Dedi Wurm. Also gave Lori G gift card for helping all day.
 - Spring Craft Show/Business Expo-Chairs needed are: Concessions, set up, clean up, pr and parking. Chairs: Crafters-Dee, Signs-Marnette, Cookies-Candyce & Heidi.

External Programming: Jenny

- Community Connections: open
 - MN Nice Julie D update, We have 2 soldiers. Sign up sheet for members to buy 10 items and go to the Market Place 6:30pm 3rd Tues of month to help pack boxes and then send via Going Postal to soldier. Make sure to get weight of boxes to Julie. Rachel received thank you email for soldier. Slots are available.
 - Green Sneakers-Candyce still collecting gently used sneakers through January. We have a lot and put on face book for anyone to donate.
 - Adopt a Family Marnette 12/19 4:00pm Hanover Food Shelf budget \$350.00 spent all. 14 service hours, bought 8 member family gifts for the holiday season.
 - Adopt a Grandparent-Laurie/Patti, postponed until February. Will incorporate with bingo at the Legacy in St. Michael asking local businesses to donate.
- Caring for Kids, Candi. We did PR for caring for kids with the craft show ads. 15 Members worked helping divide toys by age group. We donated \$250 check, collected \$46.25 in change at concessions/cookie booth and collected 2 huge boxes of donations from members and what was donated at the craft show. 35 service hours.
- Can-do-Canines Kathy/Michelle. Nothing to report
- Youth of Today: Lisabet. 2 members attended state fundraiser for Youth of Today of MN Gophers women's hockey game. Gophers won against WI Badgers
- Women's Wellness, Lisa, nothing to report.
- PDC Olympics- Lori G-chair, 4/28 sign up sheet for volunteers. Has made contact Shelley Zahler.
- PCD Adopt a Family-Jenny, received 8 applications, continue working on for upcoming months.

State Delegate: Wendy Christensen

- Winter State Convention-January 27-29 2012 in, St. Louis Park. agenda has been passed out to those who will be attending.
- District meeting 3rd trimester, February 25 9-11 am. Hosted by us. Sign up sheet for those who are able to help out. Planning meeting will be scheduled soon.

Past President: Peggy

Nothing to report

President: Kris

Awards: Spot light, December Keely

Member of Month, December Nancy

Mystery Box winner-Nancy T

AFCD planning meeting: meeting Jan 17 7pm anyone willing to go to get info please do so. In need of chair and idea's

Scrapbook page for MNWT State President, Carol Gore will work on for the chapter

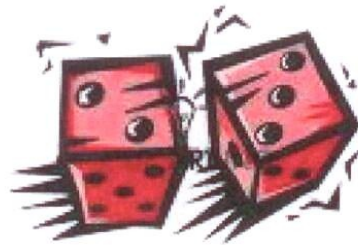
Thank you Beth P for snacks

Us Women of Today Creed led by Kathy R

Adjourned 8:10pm



District 12 Meeting



Hosted by STMA Women of Today

Saturday, February 25th, 2012

8:45AM – 12:00PM

Albertville City Hall

5959 Main Ave NE

Albertville, MN 55301

Location: Upper Level

(94W toward St. Cloud, Take exit 202 Albertville, turn left onto 60th St NE/Coun Rd. 37 NE, Take 2nd left onto Main Ave NE. Destination on the Right.) Make it a fun weekend and after our meeting you are welcome to go shopping at the Albertville Outlet Mall, which is not far from our meeting place.

Registration: 8:45AM.

Brunch/social time: 9:00AM.

Meeting: 9:30AM.

Please join us for Waffles, Fruit, Yogurt and Muffins prepared by STMA Women of Today. Along with Coffee, Orange and Apple Juice, Soda and Dessert.

In addition, please bring your dollar bills for a Lucky Buck Contest to win a basket. Proceeds will be going toward Can Do Canines.

All this for \$5.00 please RSVP by February 13th to

Chick 'N Scratchings.....

- Lisabet: Thank you for helping set up the bank for the general meeting. Kris
- Board: Thanks for your support and commitment. Kris
- Lori G: Thanks for stepping up for PDC Olympics. Kris
- Thank you Nancy and Candi for the gift card. Always happy to keep the caffeine flowing! Lori
- Sandy: Your new home is lovely, the jewelry party was fun and free jewelry...icing on the cake! Lori

Happy New Year Everyone,
I found this interesting article. Maybe it will help with some of those new year's resolutions!
Lisa Haines-LPM Women's Wellness

Hungry, Thirsty or Bored?

by Leanne Ely, C.N.C

Have you ever said these words, "I'm hungry!"?

I'm going to bet 100% of us have uttered those words, and probably most of us said it today! The deal is though-- are you really?

How do you know when you're truly hungry?

That's an excellent question because so many of us really don't know. We don't understand the difference between hunger, thirst and sometimes, recreational eating for the sake of eating. Why is this?

I believe there are a whole bunch of reasons and strangely enough, most of which we're not 100% aware of! A lot of us cannot read our bodies internal signals. We confuse hunger with thirst. We're not drinking enough water and consequently, we mistake thirst for hunger. So a good self check before you head for the fridge is to gauge how much water you've drunk so far that day. How much do you need? More than you think! And no, not all liquid counts as hydration. Some beverages like tea and coffee dehydrate. Personally, I drink a minimum of 4 24-ounce bottles of water a day. I work out and run; I drink coffee, so I need that much water. On a particularly hot day, I will drink more.

Is that amount of water appropriate for you? Not necessarily-I could be taller, weigh more, move more, sweat more and therefore, have more need for 96 ounces of water a day than you. The deal is getting in touch with your own inner signals to figure it all out. A good test to find out whether its hunger or thirst is to drink an 8 ounce glass of water at the first sign of hunger, then wait 15 minutes (remember, we can do ANYTHING for 15 minutes, include waiting to eat!). If you're truly hungry, that hungry feeling won't go away and by all means, it's time to eat. If you weren't hungry, you'll be just fine and a little more hydrated.

If you're eating out of boredom, you know the cure already. Keep track of what and when you're eating. Keep a food journal (this includes everything, even water) before proceeding to the next level (eating). If you're dealing with boredom, make a list of things to do other than eat and do one of them. If you're hungry, find something healthy to nosh on and enjoy it. Snacking is actually encouraged in my book, Body Clutter. It's the grazing aspect of eating that is discouraged! We're human beings with one stomach, not cows with several.

We all get hungry, but sometimes we're just thirsty or bored! Get in touch with what real hunger is and get to know the difference.

Happy Birthday To You!

February

- Chris G 2/2
- Bobbi 2/10
- Kathy H 2/22
- Ann 2/22
- Dedi 2/22
- Dee 2/23
- Laurie 2/24



- 2 Chris G B-day
- 7 Board Meeting
Legacy Valentine Bingo
- 10 Bobbi B-day
- 15 **General Meeting (note the change of date)**
- 22 Kathy H B-day
Ann P B-day
Dedi B-day
- 23 Dee B-day
- 24 Laurie G B-day
- 25 District 12 Meeting

● Service—Growth—Friendship

March Calendar

- 3 Patti B-day
- 6 Board Meeting
- 13 General Meeting
- 16 Spring Craft Show / Business Expo Set Up
- 17 Spring Craft Show / Business Expo
Candice S B-day
- 23 Sandi B-day
- 28 Keely B-day
- 30 Area 2 Meeting
- 31 Kris G B-day

19th Annual PDC Olympics

The date has been set for Sat. April 28th at Big Woods Elementary School. I realize that this is the same day as STMA Prom. By bumping up the timeline so that registration would be at 9am, games/activities 9:30-11, raffle/lunch/awards to follow, we should still be done by around 1:30 or so. I'd like to thank Marnette, Amy, Lisabet, Emily, Lisa H., Joan, Laurie D., Nancy, and Candi for signing up to volunteer that day. If you would like to help with this event please let me know. It takes LOTS of volunteers to make it a huge success! The participants really look forward to this each year.

Lori G.