

The Chick Times

STMA Women of Today

September 2011

President's Letter

Well, here I am back again, President contact for the 2nd Trimester. I appreciate the chance to lead this fabulous organization for the next 4 months.

A little bit about me:

- I have been a member since 2004, held several LPM positions and board positions.
- My favorite project is our craft show, followed closely by PDC Olympics.
- I have served as a member of the State Marketing Committee for going on four years.
- I have been married for 11 years to Jonathan Thomas-he is the love of my life!
- My husband and I are very into music; he plays the bass guitar and is always in at least 2-3 bands. If you are interested in going out for live music let me know.
- I love going to movies and watching TV. I especially like Criminal Minds, CSI, and Law & Order.

Wahoo, what a turn out at the General Meeting! 33 members, 4 perspectives and 2 guests! A big thank you to Laurie and Michelle who helped come up with a new meeting layout that we are going to try for the October meeting. Also thanks to Candi, DeDI, and Laurie for doing research on bigger meeting space. Details to follow...

Membership: A BIG thank you to Rachel and Bobbi for stepping up to Co-Chair Membership! You are going to do a fabulous job. Welcome to Deb Halper our newest member. Thank you to Julie, Laurie, and Sarah for bringing friends to come check us out. I am looking for more **Big Chicks**, anyone who has been a member for 1 year can we a Big Chick. If you are already a Big Chick and would be willing to take on another Little Chick, please let me know.

Programming:

CRAFT SHOW: November 19th, 9-4 pm, Middle School West. Please bring your calendars to the next general meeting and be prepared to sign up for shifts for set up-Friday night, our concessions booth, and the cookie booth. This is our major fundraiser so we need all hands on deck for it to be successful. Thank you to everyone who already signed up at the September meeting.

Thank you to everyone who has signed up to chair events so far this year. We have had some great new projects and events 1st trimester. Please keep the new idea's rolling!

WANTED: 2 LPM's(Local Program Manager): 1 for Records & Recognition and 1 for Living & Learning. For more information please contact Meredith or Jenny. Being an LPM is a great way to get involved with the chapter.

In the state Newlet, President Cindy encouraged members to take advantage of the training opportunities with Women of Today. One obvious example that I will share with you is my fear of public speaking. When I first joined Women of Today I was scared to death to speak in-front of more than 10 people. I have gotten better during my membership and I have Women of Today to thank for helping me.

In Friendship, Lisabet

"If you have the courage to begin, you have the courage to succeed."

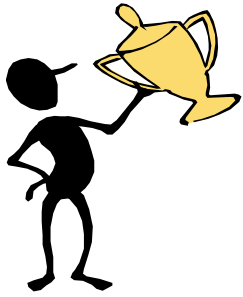
~ David Viscott
(1938-1996)

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Special points of interest:

- Meet the new board members
- Award Winners
- Paper Product Challenge



AWARD WINNERS

August Member of the Month: Sarah Laughner
August Spotlight Member: Wendy Christensen
Serve You Right: DeDi Wurm

Meet the New Board Members

Lived in Albertville since spring '08. I am a stay at home mom with my delightful infant Keegan and black lab Snuffy. My husband Paul is currently working at Cargill. I enjoy crafting and seeing movies. I also love making good food. Whenever I have company over I love to play games especially the card game Killer Bunnies. I aspire to share my talents with the community and hope for plenty of opportunities to have fun.



October 6th 4pm -9pm Downtown Buffalo – Pink Street Party

Let's go shopping and show our support!! The **PINK STREET PARTY** is a unique event hosted by Buffalo Hospital Foundation to honor those who have experienced cancer, elevate cancer awareness, and enhance Cancer Care Services in our community.

The evening's events include:

- Music & Street Vendors
- Food, Wine & Beer
- Free Gift Bags for the First 500 Guests to check in at IntegriPrint
- Occasional & Retail Shops will be open

We also invite you to join us as we illuminate downtown Buffalo with Pink Lights at 8:00pm. Honorees will receive a personal tribute card and will be recognized at the Lighting Ceremony. STMA Women of Today did sponsor a set a lights!

The party is held in Downtown Buffalo, MN on 1st Avenue South between 2nd Street South & Division Street East. For more information, please call **763.684.6808**

STMA Women of Today
September 13, 2011 General Meeting Minutes

Attendees: Lisabeth Thomas, Peggy Kaufman, Kathy Hansen, Wendy Christensen, Laurie Daniels, Kris Goodin, Chris Goulet, Carol Gore, Julie Davis, Sarah Laugher, Bobbi Fehrmann, Candi Testa, Lori Goutermont, Dee Thies, Lisa Haines, Amy Hoffman, Jenny Leonard, Candyce Mros, Nancy Thompson, Lynn VanDenBroeke, Marnette Hoiseve, Sheila Cartney, Michelle Skrpec, Susie Lish, Sandy Estey, Kathy Rice, Beth Pearson, Rachel Dodge, Meredith DonLevy, Carolyn Lindsay, Jean, Joan Lindquist.

Call to Order: 7:00 pm
Pledge of Allegiance led by: DeDi Wurm
MN Women of Today Creed led by: Dawn Prebonich
A quorum was established with 33 members present.

Guests: MN Nice -Dawn Franzen and ABBA Preg. Resource Center- Peggy Boyle
Potential new members: Dawn Prebonich, Keely Swartzler, Denise Wurm, Rebecca Peve, Katie Troutin, Deb Halper

Activity: Wendy lead M&M get to know you activity.

Peggy Boyle ABBA resource center, explained about the ABBA center, they are looking for a donation of \$300.00 to go towards training materials. These materials would help with the training of new counselors. They are a nonprofit organization. M/S/P Laurie Daniels/Beth Pearson, we take \$300.00 from external misc for 12 training manual for Abba Pregnancy Resource Center.

Dawn Franzen of the Mn Nice would like to have help with sending packages to men and women stationed overseas. They meet 3rd Tues of each month at MarketPlace to put together packages. Each package consist of 10 items and to send cost \$12.95. Any donation \$200.00 or less stays with in STMA MN Nice, over \$200.00 then 25% of donation would go towards main chapter. Carol Gore will chair Adopt a soldier, she will research and report at next general meeting. M/S/T Candi Testa/Carol Gore I move we adopt a soldier through the MN Nice program from external misc. M/S/P Chris Goulet/Julie Davis-I move that STMA WT donates \$200.00 from external misc. to MN Nice.

OFFICER'S REPORTS

Secretary: Nancy Thompson

August minutes were approved.

Please send written reports to Nancy.

September Birthday's are: Lynn VanDenBroeke

Treasurer: Laurie Daniels

Checking \$194.31. Savings \$17,295.80

Donation requests: None at this time.

Membership: Open

Need of new board member, Lisabet explained what membership chair does. Bobbi Fehrmann and Rachel Dodge stepped up to co-chair. Peggy will get together with both to review and trfs files.

Serves you right winner: DeDi Wurm

Ladies Night out- Miracle Treat Day at Dairy Queen 8/11 7:00pm Recap 14 members plus

families came out to enjoy a Blizzard. \$1.00 from each blizzard sold was donated to Gillette Childrens Hospital.
Tootsie Foolsie Party -m-event: 8/16 Laurie/Jill 6 hours worked. At Jill Smith's house 4 new members. Appetizers were served. An article will be posted in the Crow River News.
New members orientation was held on 8/24 at 7pm at Caribou in Albertville. 3 members. Sarah, Dawn and DeDi attended and 3 veterans Laurie, Beth and Lisabet.
Hearts/Cribbage m-event Lisabet/Bobbi 9/15 at Frankfurt Firehall at 7pm please sign up!
Chapter checklist, Lisabet/Nancy- Lisabet stressed to those who don't have certifications to please take a check list.
Secret Sis - Peggy passed out their secret sis to those who signed up.
Big Chick/Little Chick- are in need of Big chicks anyone 1 year member or more.
Card making social-Kathy H/Rachel 9/28 6:30pm at Albertville City Hall sign up sheet on clip board.
Let's Dish social-Jenny 10/6 6pm meet at Let's Dish Maple Grove sign up sheet on clip board. suggestion to bring your cooler.

State Delegate: Wendy Christensen

Participation binder please fill out accordingly.
Fall State Convention 9/23-25 Craguns, 7 members will be attending
3 year State priority project: Vote-Children Grief Center with most votes
District meeting-10//25 at Big Lake please sign up.
M/S/P-Wendy/Kathy- I move that we purchase \$100.00 to buy paper products for the 3rd annual paper product party challenge at the district meeting in October at Big Lake.

Programming Vice Presidents: Jenny Leonard & Meredith DonLevy

Internal Programming: Meredith

Living & Learning, PE Course Amanda Gore, Lead out Loud and certification night. 11/7 7pm where TBA

Newsletter: Peggy Deadline September 20

Public Relations: Chris G

Day at Diamond 9/18 Target Field Msp 241 out of 250 tickets sold, held September 18, 2011 at Target Field, in Minneapolis ticket sold 241 of 250 to members and their families.

PR State PR Challenge was to have 750 people "Fan" our state Facebook page, currently 563 fans. STMAWT Facebook has 115 fans as of today. Also a State PR Challenge goal 1,000 Twitter fans by end 2nd trimester. Currently 1,104 followers. Goal was met on Aug 5.

Women of Today week 9/18-24 Kathy H social Beth L scheduling social at Andy's Pizza 9/20 at 6:30pm members only with perspectives. M/S/P Candi/Lori G-I move that we take \$150.00 from internal misc for pizza at Andy's on 9/20/11 for WT week.

Proclamation: St. Michael City Hall 9/18 at 6pm and Albertville City Hall 9/19 at 7pm need members to come for photo op.

Check out WT articles at Crow River News!

Social Media Committee: Webmaster: Laurie please send anything for the website

Facebook: nothing to report

Patch.com: Jill nothing to report

External Programming: Jenny

Ways and Means: Candi,

Waiting for CIP

Food Perspectives-Lori; has first check for deposit. New member bonus must sign up between 9/1-10/31 organization will get \$20 for each time they test, instead of \$10 currently offered. This offer runs until 3/31/2012.

Fall Craft Show-All chairs filled. All areas have sign up sheets on clip board looking for volunteers. Dee, have 170 vendors and still taking more. Lynn-parking working with Sara. Lori-clean up, Sea Devils will help, \$ will go towards cover fees for Aly Juntunen and Maddy Wenner. Chris G-set up need spouses to help with heavy set up .

Community Connections: Sheila

Name tags to new members and will order for new members

Highway Clean Up: Lynn/Candyce 9/28 630p behind MarketPlace takes only 45min bring gloves

Buffalo is putting on Pink Street Party 10/6 4-9pm for Cancer Awareness,looking for sponsors to string of lights, \$ will go to the Buffalo Hospital Foundation. M/S/P

Sheila/Peggy I move to donate \$50.00 from external misc for sponsoring a string of lights at Pink Street Party in Buffalo for cancer awareness 10/6. Sheila will put info in newsletter STM Daze and Knights- Heidi 8/13-15 10am-4pm. Amy recapped it was slow.

Green Sneakers- Candyce nothing to report. Peggy gave briefing on what it is for new members

Adopt-A-Family- Sheila Lisa Prim is family. Contacting family to get caregivers name and date for time out. Sponsor families \$50.00 to caregiver while parents go out.

Youth of Today: Lisabet

High School Donuts- 9/30 Kathy Hansen volunteered to Chair, come help pass out donuts at

High School 7:15 am

Women's Wellness: Lisa at next general meeting Heidi will talk about her body transformation.

Do Canines: Kathy R/Dee 8/18 7 pm New Hope to visit tour the training center

Past President: Peggy

Bylaw/policy review-9/29 6:30 pm at Peggy's anyone can come!

Last order of logo wear-last order for WT wear

President: Lisabet

Awards: Spot light, August Wendy Christensen

Member of Month, August Sarah Laugher

Welcome Card to Joan Lindquist

Certification Winner-Health and Wellness: Sarah Laugher

Good and Welfare

Serves you Right Winner is DeDi Wurm

Us Women of Today Creed led by Rachel

Adjourned 8:55pm



**“All In
or
Bust Buffet”**

- Biscuits and Gravy
- Eggs Benedict
- Hash Browns
- Morning Glory Muffins
- Cereals Bars
- Virgin Mimosas
- Virgin Mary’s

All this for \$6.00 please RSVP by October 15th to Connie Lumley @ cjlumley@gmail.com
Or \$7.00 at the door.

District 12 Meeting

**October 25, 2011
at 6:30 p.m. - 9:00 p.m.**

Big Lake Township Building/Lions Park
21960 County Road 5 NW,
Big Lake, MN 55309

Registration 6:15 p.m.
Dinner/Social time 6:30 p.m.
Meeting: 7:00 p.m.

Sponsored by
Big Lake Women of Today

3rd Annual Paper Product Party Challenge

At our next General Meeting in October please bring any paper product items you will like to donate to the Black Dog Hill. It is a shelter for domestic violence victims. I will be bring the paper products that we collect to the district meeting in October.

The items that are in need:

Toilet paper, paper towels, napkins, Kleenex, file folders, copy paper, note books, envelopes, post-its, tampons, pads, diapers or any paper items you think the shelter could use.

Wendy, State Delegate

Get Disturbed

You have to get disturbed with your current shape before you'll take the action needed to transform your body. How do you get disturbed? Try these

- Go shopping for a swim suit
- Try on all of your "skinny" clothes
- Look at old pictures from when you were in better shape
- Go to the doctor for a physical

Transform From "Before" to "After"

Have you ever seen a really impressive "before" and "after" photo on a weight loss product?

Well, there's something that the diet industry doesn't want you to know. There is more involved than just the diet product, and it's the same across the board.

Look into the eyes of any person in their "before" picture and you'll see that they are deeply disturbed. The body they have is no longer in sync with the body they are able to accept.

They changed the body that they accept, and became disturbed.

Now look into their eyes in the "after" picture – see the sweet satisfaction? They now live in the body that they decided they could accept. What an amazing feeling that is.

Why are you still living life in your "before" body?

Sure, you have obstacles that get in your way – your schedule, your job, your kids, the weather, your knee injury from college... but ultimately you have the body that you accept.

I'm going to repeat that so it will really sink in.

You have the body that you accept.

Transform from "Before" to "After"

You may not realize it, but you already possess everything you need to transform your body, and it all starts with taking responsibility for the body that you have today.

You are in your current shape because, until this moment, you've been OK with it.

Oh I know you aren't thrilled with it, and you even talk about losing weight and getting fit - but you haven't changed what you'll accept.

Here's how to transform your body in 3 steps:

Step One: Feel Disturbed

It has been said that *emotion creates motion*. This is essential when it comes to personal transformation. Just like those folks in the "before" pictures, to transform your body you must first decide that you can't live another day in the body you currently have.

Get your emotions stirred up. Make a list of all the reasons that you're ready to lose weight and get fit. Get disturbed.

Step Two: Decide What You Want

Without clarity you'll never get where you want to go. Now that you're disturbed with the body you have, decide what the body you can accept looks like.

Think in concrete and specific terms. Just like the captions under "before" and "after" pictures - "Shannon lost 50 lbs," "Matt lost 8 inches from his waist," "Catherine went from a size 20 to a size 4."

Get a clear picture in your mind of what you'll look like in your "after" picture and decide what the caption will read.

Step Three: Take Action

The time spent between your inspiration (now) and taking action determines whether you will succeed or fail. Don't allow yourself to get stuck between inspiration and action - there is always *something* that you can do immediately.

Take action by emailing or calling me now to set up a fitness consultation.

I am here to take you from your "before" picture to your "after" picture. What will your "after" caption read?

Stressing Out? It Can Impact Your Teeth!

Most people are familiar with some of the ways that undue amounts of stress can affect your health. Not only can stress make it difficult to sleep, thus causing a host of other problems, but it can also lead to more serious problems such as ulcers or headaches, and can even play a role in the development of some cancers, as researchers are beginning to discover.

In addition to these problems, there are also myriad ways in which stress can affect your oral health. These include ailments that affect your mouth as a whole, such as mouth sores, which include canker sores and cold sores. Canker sores are small ulcers that appear inside the mouth, and while medical experts aren't sure what may be the cause of canker sores, stress is one of the likely culprits. While not contagious, they can be highly irritating. Cold sores, however, are contagious, and appear as blisters that often show up on or around the lips. They have any number of different causes, such as fever or a sunburn, but stress can trigger an outbreak as well.

A dental problem that can be caused or exacerbated by stress is that of teeth grinding. Stress can make a person clench or grind his or her teeth, or may make an existing habit worse. This can lead to more serious problems such as problems with the [TMJ](#) (temporomandibular joint) as well as other issues as a result of having worn-down teeth.

Stress can also have an affect on the overall health of your teeth and gums. How so? Studies have shown that stress can make people more susceptible to bad habits that can have a negative impact on oral health, such as drinking more alcohol and smoking, both of which are risk factors for periodontal disease. Furthermore, the Journal of Periodontology notes that stress can lead people to neglect their oral hygiene, specifically routines such as brushing and flossing. And clearly, regular brushing and flossing are the cornerstones of an oral hygiene regimen that is most likely to prevent tooth decay and disease.

Finally, some medications that one might take to deal with stress or anxiety disorder can decrease the mouth's ability to produce saliva, which can in turn increase the risk of developing tooth decay and other [periodontal diseases](#). While these medications may continue to be appropriate, those who are taking them should consult with their dentist as well, to determine what steps can be taken to mitigate these potentially harmful side effects.

Talk to your [dentist](#) about ways to help protect your teeth from the effects of stress.



Women's Wellness Articles have been submitted by Lisa Haines our WW LPM. Thank you for all the great tips!



HIGHWAY CLEAN UP

Thursday—September 29

6:30 pm

Looking for more helpers!

For those of you signed up, bring a pair of garden gloves - makes it a bit easier to pick up some of the icky things people throw along the road. Garbage bags & beautiful neon yellow vests will be provided.
Candyce and Lynn

Chick 'N Scratchings.....

- Laurie and Jill want to thank Candyce, Heidi, Kathy, Sarah, Lisabet and Bobbi for their awesome support of our Tootsie Footsie party! The success was due to everyone's enthusiastic support of STMA Women of Today!! Everyone had a wonderful time because of all of YOU. You're the best!
- A huge thank you to our culinary chef, Jill Smith. Awesome, wonderful appetizers you created for the Tootsie Footsie event! – Laurie
- To my Little Chick Dawn – I am so lucky to be your Big Chick! I am so looking forward to getting to know you better! – Laurie
- To my Little Chick Keely—I am so lucky to be your Big Chick too! I am so looking forward to getting to know you better as well! - Laurie
- Way to go, Dedi! Congrats on the Serves You Right win! – Laurie
- President Peggy – thanks for all your hard work this past year and first trimester! Very much appreciated!! – Laurie
- Congratulations to the board on your first trimester! - Peggy
- Joan and Teresa —thanks for transferring to STMA. - Peggy
- Awesome job Laurie recruiting all the new members! - Peggy

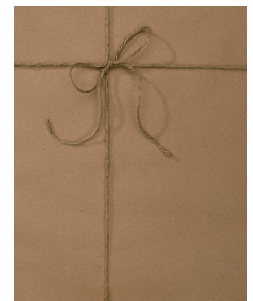
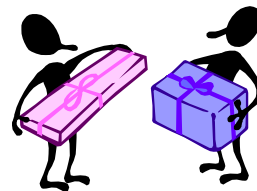
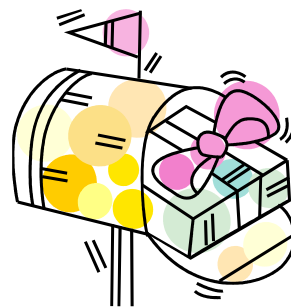
Secret Sis

Those participating in Secret Sis have received their persons' information sheet.

Please remember to do something each month for her at a minimum. Look at the sheet she provided and you should have some great ideas on things that she likes or does not want to receive. Does she have a birthday or anniversary coming up? We have the holidays upon us so that would be some great gift giving items. Treat her like how you would like to be treated!

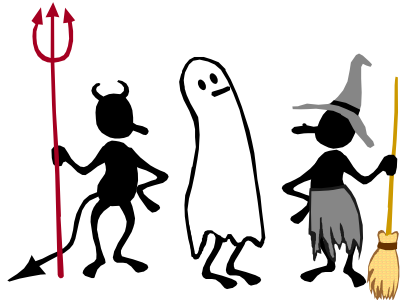
It's a surprise so keep her guessing. If you are unable to attend a meeting or deliver the items to her, please contact Peggy and she will make arrangements accordingly.

Have fun with it!



Happy Birthday To You!

Lynn 9/8



• Service—Growth—Friendship

OCTOBER CALENDAR

- 4 Board Meeting
- 6 Let's Dish
- 11 General Meeting
- 19 Cindy D B-day
- 20 Carol B-day
- 22 Make A Difference Day
- 25 Carolyn B-day
- 31 Halloween

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November Calendar

- 1 Board Meeting
- 5 Nancy B-day
- 8 General Meeting
Sheila B-day
- 18 Fall Craft Set Up
- 19 Fall Craft Show
Marnette B-day
- 24 Thanksgiving