

NEWSLETTER OF THE STMA Women of Today

February 2022

Volume 9

www.stmawt.org



February, 2022

President's Message

At the time I am writing this there are only 33 days until Spring. Our darkest months are now behind us and we are gaining about 3 minutes of additional daylight every day. Not too much longer and we will be talking about the humidity.

We had a wonderful meeting in February. We missed the members who weren't there. It was great to celebrate Kathy for the Key Woman award she was honored with at Winter State. While many members showed up to celebrate with Kathy and her family the

night she won the award, it was nice to have more of the members celebrating with her. Chris Hall had a good time at her first convention and won the First-Timers award.

We have a few events coming up yet this month that I hope many will make it to. Our By-Law and Policy review is Thursday, February 17, by ZOOM. Contact Abbi to get the ZOOM link. The By-Laws and Policies were in the January newsletter.

Book club is on the 23rd at 6:30 at Lori's house. We always have such a good time. This month's book is the *Orphan Train*. Please join us.

A new event for us is the Drunken Easel painting event. Originally it was going to be held at Robin's business location, but to keep it closer to home I contacted the Liberty and they while weren't able to accommodate us the Villa is able to and we will do the event there now on Sunday, February 27, at 3:00. We must have at least 10 people to host the event; currently there are 4 signed up, so please contact me ASAP to get registered. This is open to family and friends too.

The District 6 meeting is in Champlin on the 26th at 10 am. We can carpool, so let Kathy know if you'd like to attend. Please be sure to read the Minutes to see all the other events coming in the near future. We are needing Chairpersons for some of these events. If you don't want to take on something by yourself, consider co-chairing. If you don't know who to co-chair with, let me or Sherri know and we can help connect you with someone.

Hope to see you at some of the events this month!

Julie

March General Meeting date change

Thursday, March 17th at 7pm at Liberty

Social time at 6:30



Key Woman Award



Family





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Above-Kathy & Chris in costume for the Friday night party-won the award for the most snowflakes



Convention Fun



I would like to say once more, Thank you to my chapter for nominating me for the Key Woman Award. This really means a lot to me. I was so shocked to get it. I was not expecting it at this time. I did hope to get it someday. My chapter is my second home and family. You all mean a lot to me.



District 6 members at convention banquet



New member installation of Sandy & Becky by Membership VP Chris



March General Meeting



Caribou Coffee M-event

Word Search

How many words can you find? Forwards or backwards, up or down, or diagonal
Bring your completed word search to the March meeting for a chance to win one of two prizes.

- 1) The person with the most words overall (3 letters or more)
- 2) The person with the most affirmation words.

Positive Words of Affirmation

A	L	C	N	T	K	I	N	D	A	U	C	N	I
U	U	O	E	L	I	R	B	E	L	I	E	V	E
L	F	U	H	A	R	M	O	N	I	O	U	S	N
O	R	R	F	R	V	S	B	R	A	V	E	U	L
A	E	A	V	G	N	O	R	T	S	P	B	C	N
C	W	G	O	P	T	I	M	I	S	T	I	C	O
C	O	E	E	N	I	U	N	E	G	I	A	E	P
O	P	O	E	J	O	Y	F	U	L	N	T	S	P
M	N	U	W	T	H	R	I	V	I	N	G	S	E
P	E	S	F	C	T	S	B	S	B	O	H	F	V
L	G	E	N	E	R	O	U	S	C	V	E	U	O
I	T	S	U	R	T	I	T	B	E	A	P	L	L
S	I	N	L	T	O	K	A	Y	H	T	O	N	E
H	E	C	E	L	E	B	R	A	T	E	H	H	P

(Puzzle used with permission from MNWT Living & Learning – Coffee Self-Talk)

From Julie's Kitchen: Best recipe I made this month and super easy.

Crack chicken:

2 pounds boneless, skinless chicken (thighs or breasts)

16 ounces cream cheese

2 packages dry ranch dressing

Put in crock pot and cook on medium low for a few hours. Mix periodically. Chicken will fall apart.

Put in some hot sauce (to taste) and stir well.

Sprinkle shredded cheese and bacon bits on top and let melt.

This can be eaten by itself or put over baked potato or white rice. I like it on Ritz crackers.

Enjoy!!

Members favorite Recipes

Green Chicken Enchilada Soup

MAKES ABOUT 16 CUPS

From Candi's Kitchen

INGREDIENTS

1 tbsp. Kowalski's Extra Virgin Olive Oil

1 yellow onion, chopped

4 cloves garlic, minced

2 jalapeño peppers, seeded and chopped

¼ cup chopped fresh cilantro

1 tbsp. Kowalski's Ground Cumin

½ tsp. freshly ground Kowalski's Black Peppercorns, plus more if desired

15 oz. can gluten-free green enchilada sauce

15 oz. jar tomatillo (green) salsa

15 oz. can Northern beans, rinsed and drained

10 oz. frozen corn, thawed

8 cups low-sodium gluten-free chicken broth

1 ½ cups shredded Kowalski's Signature Rotisserie Chicken

DIRECTIONS

Heat oil in a deep pot over medium heat. Add onion, garlic, jalapeño and roughly ½ the cilantro; sauté for 5-6 min. Add cumin; cook for 1 min. Stir in black pepper, enchilada sauce, salsa, beans, corn and broth; bring to a boil. Add chicken; reduce heat to low and simmer, covered, for 10 min. Garnish individual bowls with remaining cilantro; season with additional black pepper to taste, if desired.





Project Reports

Project reports have a new home!

Google's cloud is reigning over the world, and now it will rein in our reports.

But don't worry, it shouldn't feel too different for you.

Here's a summary of the old and new steps.

Current Steps	New Steps
A report must be completed for a project	Same: A report must be completed for a project
A report template is available for download on the STMA WT website	<p>Same: A report template is available for download on STMA WT website (www.stmawt.org)</p> <p>Different: The report template has been updated and will look a little different.</p> <p>Different: The report template now has an electronic format option if you do not want to print and hand-write the report. Details on the electronic version are listed below.</p>
The final report is submitted to the Secretary and R&R LPM prior to the next general meeting. This report is submitted by email or printed copy.	<p>Same: The final report is submitted to the Secretary and R&R LPM prior to the next general meeting. This report is submitted by email or printed copy.</p> <p>Different: There is a new option to save the report as a Google Doc. If interested in using this option, instructions are below.</p>
Previous reports are delivered to new chair via hard copies	<p>Different: A link to GoogleDrive will be provided for access to the reports that have been saved electronically by the R&R LPM.</p> <p><i>Don't worry. If this doesn't work for you, reports can still be provided in other ways.</i></p>

FILLING OUT YOUR REPORT

Project reports are very important. After every event, a project report is needed. The report has two purposes.

1. Provide necessary details for the secretary minutes and reports to the state.
2. Provide helpful specifics for the next chairwoman.

STEP 1:

Locate the report template on our website at www.stmawt.org and then select **MEMBERS**.



Project Reports

Project reports are not exciting, but very important. After every event, a project report is needed. The report has two purposes.

1. Provide necessary details for the secretary minutes and reports to the state.
2. Provide helpful specifics for the next chairwoman.

Good news! There is a report form that will guide you through the details that are needed. The form is included in the newsletter and found on our WT website. The secretary needs information about number of people, amount of money, and total service hours. The rest of the details will be helpful for the next person (even you) hosting the event again.

Completed reports will go to the Secretary and the Records & Recognition LPM (currently Bobbi). If you have extra papers to attach to the report, you can attach those to the LPM's copy. You don't need to print or copy these pages.

If you have questions regarding the form, feel free to contact me.

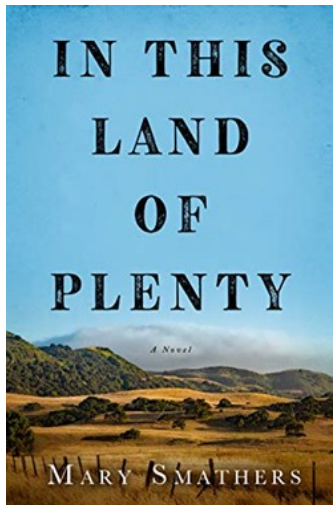
Bobbi – b.fehrmann@gmail.com or 952-412-0948

Look for attached Project Report Form Guidance attached



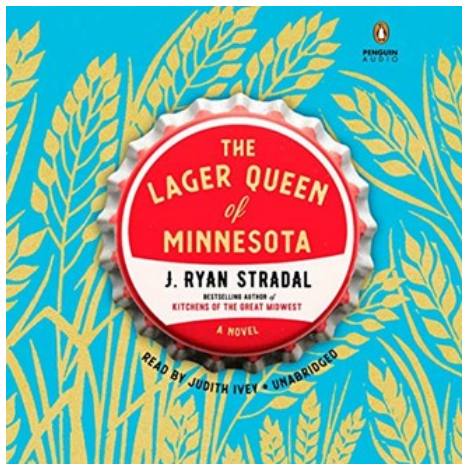
Book Recommendations by Julie:

Historical fiction. Strong female characters



How do you know who you are if you don't know where you come from? In *This Land of Plenty* is an expansive, American family saga set against the rich history of California.

When Nicole discovers through DNA reports that her ancestry is far different from the white, northern European background she thought was hers, she enlists the help of her great grandmother to investigate their roots despite protests from her father. The search takes Nicole and Great Gram into the attic of their historic San Francisco Victorian where the family's true history unfolds. Slowly the two women unravel the mysteries of their 250-year family tree, from California's native inhabitants and its earliest European colonizers through the generations to the Gold Rush. In *This Land of Plenty* is a meticulously researched and beautifully written historical fiction family saga that introduces a diverse cast of characters and the complex social issues that populate California's rich history while drawing a direct line to today's residents.



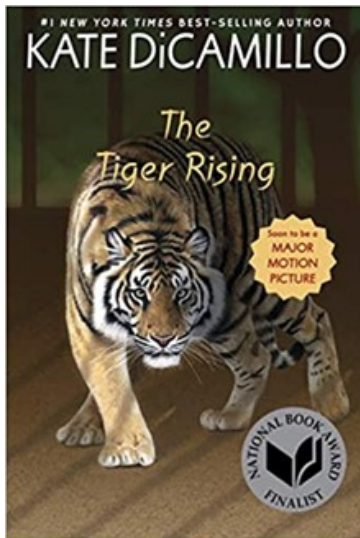
Fiction. Strong female characters. Set in Minneapolis area.

Two sisters, one farm. A family is split when their father leaves their shared inheritance entirely to Helen, his younger daughter. Despite baking award-winning pies at the local nursing home, her older sister, Edith, struggles to make what most people would call a living. So she can't help wondering what her life would have been like with even a portion of the farm money her sister kept for herself.

With the proceeds from the farm, Helen builds one of the most successful light breweries in the country, and makes their company motto ubiquitous: "Drink lots. It's Blotz." Where Edith has a heart as big as Minnesota, Helen's is as rigid as a steel keg. Yet one day, Helen will find she needs some help herself,

and she could find a potential savior close to home...if it's not too late.

Meanwhile, Edith's granddaughter, Diana, grows up knowing that the real world requires a tougher constitution than her grandmother possesses. She earns a shot at learning the IPA business from the ground up - will that change their fortunes forever, and perhaps reunite her splintered family?



children's Fiction:

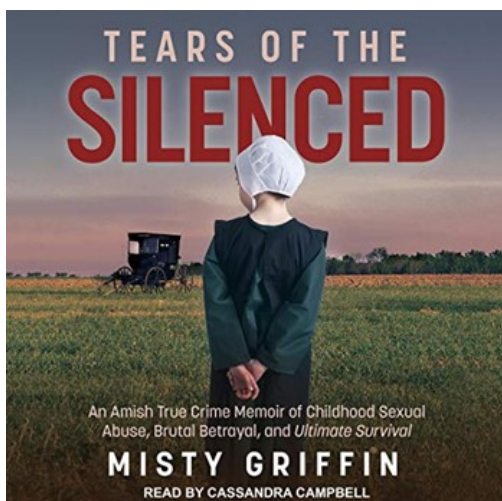
Wanted to read before seeing the movie. Very fast, easy read.

Walking through the misty Florida woods one morning, twelve-year-old Rob Horton is stunned to encounter a tiger—a real-life, very large tiger—pacing back and forth in a cage. What's more, on the same extraordinary day, he meets Sistine Bailey, a girl who shows her feelings as readily as Rob hides his. As they learn to trust each other, and ultimately, to be friends, Rob and Sistine prove that some things—like memories, and heartache, and tigers—can't be locked up forever.



Memoir

Growing up Amish and leaving the fold, Emma Gingerich left her Amish community in Eagleville, Missouri, at the age of eighteen. Her memoir *Runaway Amish Girl: The Great Escape* captivates even the timid reader. Disagreeing with the beliefs of Amish traditions and upbringing, the pressure became too much for her to bear. Forced to make a personal decision, Emma found the courage to leave the only life she had ever known. She had no idea the emotional turmoil she would inflict on her family and friends. Considered no longer a daughter and a sister, temporarily exiled, Emma finds a way to be free. Education becomes her priority as she finds her place in this "English" world. This true story is a rare glimpse into the life of a brave young woman -



A true crime memoir: When Misty was six years old, her family started to live and dress like the Amish. Misty and her sister were kept as slaves on a mountain ranch where they were subjected to almost complete isolation, sexual abuse, and extreme physical violence. Their stepfather kept a loaded rifle by the door at all times to make sure the young girls were too terrified to try to escape. They also knew that no rescue would ever come because only a couple of people even knew they existed and did not know them well enough to care. (Trigger Warning: Sexual abuse)



St. Michael-Albertville

Women of Today

General Meeting Agenda

DATE: 8 February 2022

Call to Order @ 7:02 pm

Pledge of Allegiance Becky Andreasen

MN Women of Today Creed - Sandy Greniger

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.

Congratulations to Kathy for her Key Woman Award!!

Thank you to Candi, Lori, Abbi, Bobbi and Kris for all their hard work in nominating Kathy. Enjoy some cake!

- Introduction of Visitors: N/A
- Ice Breaker: What would you do if you were given \$100,000 that could be used to either start your own or fund a current non-profit/charitable group? - No time to do Ice Breaker
- Orders of the Day/Establish Quorum – Abbi
 - Members present - 18 Michelle Skrypec, Chris Hall, Chris Bacon, Cindy McCarty, Julie Davis, Kathy Hansen, Sandy Greniger, Lisabet Thomas, Abbi Baker, Candi Testa, Lor Goutermont, Kris Gooding, Bobbi Fehrmann, Becky Andreasen, Patti Weber, Cheri Zajac, Jan Cera and Robin Johnson
 - **Quorum has been Established**

Recaps (since last meeting):

Date	Event	Chair	Area	Members (M)/ Guests(G)	Volunteer hours	\$ spent	\$ raised
2/5	Wishes and More - Final Report	Cheri	Comm Connect	1	8.5	0	0
1/18	Visitation – Champlin- Final Report		State Delegate	2 Kathy & Julie	4	0	0
1/20	Visitation – Big Lake- Final Report	Kathy	State Delegate	2 Kathy & Julie	3	0	0
1/28-30	Winter State- Final Report	Kathy	State Delegate	7	312 Kathy & Chris H stayed both nights, Candi, Lori, & Kris stayed Saturday night, Abbi & Bobbi did all of Saturday activities, Julie &		
1/25	Book Club- Final Report	Julie	L&L	4 (Lori, Julie, Bobbi, Gretch-	11	0	0
2/5	M-Event- Final Report	Julie	Membership	6 (Julie, Kathy, Jan, Chris B, Chris H, Deb-	5.5	0	0
2/8	Craft Show Recap	Julie		13	9.75	0	0

Upcoming/Proposed Events (before next meeting)

Date/Time	Event	Location	Contact Person	Area
2/10	Visitation	Elk River	Kathy	State Delegate
2/15	Visitation	Anoka	Kathy	State Delegate
2/17	Bylaw & Policy Review	ZOOM, open to all members	Abbi	Parli
2/23	Book Club— <i>Orphan Train</i>	Lori's house	Julie	Living & Learning
2/25 6:30	Drunken Easel – need 10 people to sign up	Robin Johnson's building 2165 Daniels St, Ste 7, Long Lake	Julie	Membership
2/26 10 a.m.	District 6 meeting	Champlin	Kathy	State Delegate

Officers Reports● **Treasurer-Nicole**

- Treasurer Report - attached
- Donation requests
 - Bids for Kids - they are asking for us to advertise in their Auction Program - ½ page ad is \$150
 - We already have a line item for \$125
 - The Board approve the additional \$25 in order to place ad
- Motions:
 - M/S/P (Testa/Hansen) "I move that we take \$225 from I-94 Chamber Budget and \$200 from LPM Budget for the non-first timers Registration."
 - M/S/P (Testa/Goutermont) "I move that we take \$50 from the Secretary Budget to pay for the Key Woman nomination."
 - M/S/P (McCarty/Hansen) "I move that we take \$300 from External Misc for FYCC Bunnyfest".
 - M/S/P (Greniger/Goutermont) "I move that we take \$2,000 from External Misc for 4 - \$500 Scholarships for STMA Students."

● **Secretary-Jan**

- January Minutes
 - Changes were made to the January Minutes after they were published in the Newsletter. Jan described the changes and the Membership approved the Revised Minutes.
- Birthdays (before next meeting)
 - All Cards have been sent out

Bobbi	2/10
Chris B	2/19
Kathy	2/22
Lori	2/24

● **Parli – Abbi**

- Board nominations committee

- Parliamentarian
- Treasurer
- State Delegate
- Secretary

Parliamentarian - Sandy Greniger interested

Treasurer - Chris Hall may consider

State Delegate - Lisabet Thomas interested

Secretary - Jan Cera will remain if no one interested

- Chapter survey
 - Kathy had put the Survey in the last Newsletter
 - She will resend it by email
- Bylaw & Policy Review
 - Zoom Meeting on 2/17 @ 6:30 pm - Abbi will send out link - everyone is welcome
- PEP course
 - Personal Enrichment Courses
 - Abbi is checking on this
 - We can also come up with our own Course
- **State Delegate** - Kathy
 - Fudge Fundraiser
 - MN - WT Fundraiser - any purchases will be distributed at next Convention
 - Upcoming:

Date	Event	Members involved	Misc.
5/20-22	Spring State Convention	Arrowwood Resort, Alexandria	Kathy
Theme: Let's Get Ready to Rumble; advance full registration of \$101 due by 5/7, after 5/7 registration \$116			
6/10-11	US Year End convention Holiday Inn & Suites, Duluth	Holiday Inn & Suites, Duluth	Kathy
Theme: Holidays All Year Round; advance full registration of \$135 due by 5/12, after 5/12 registration \$150			

- **Membership** - Chris B
 - Ideas – Death of Chocolate m-event, game night
 - Install Sandy & Becky
 - Chris Bacon asked for clarification of the yearly dues. In the past, the Chapter would pay \$10 and the Member would pay \$40 - making the total \$50 that goes to State
 - Last year, due to our low funds, we asked Members if they would voluntarily pay the \$50
 - It is in our By-Laws that the Chapter will contribute \$10, so that is how it stands - but we are continuing to ask Members if they would be willing to pay the entire fee of \$50
 - Serves You Right
 - \$8.25 Collected at this meeting - brought total up to \$43.25
 - Robin Johnson is the Winner!!
 - 3rd trimester renewals; early bird due 3/15

Baker	Abbi	Hopper	Lucy
Baumann	Brenda	Huetteman	Gretchen
Bolduc	Joanna	Konz	Christine
Christle	Carin	Lish	Susie
Fehrmann	Bobbi	McCarty	Cindy
Goutermont	Lori	Pool	Debbie
Haines	Lisa	Ventura	Tiffini
Hansen	Kathy	Zajac	Cheri

- **Programming VP** – Sherri S (CIPs were emailed to all LPMs)

- Community Connections – Cindy

- Ideas: Movies in the Park this summer, Bench with our name at new park in St. Michael, game night
- Need committee for Albertville Friendly City Days to decide what, if anything, to do –
 - Booth, Parade, Albertville Sings – Lions are not hosting, do we want to?
 - No one was interested in taking over Albertville Sings
 - Jan will Chair the AFD Booth
 - Sandy Greniger commented that they may have interested in doing Bed Races - Jan will get details from her
 - Sherri Streff has shown interested in taking care of the Parade - she was not at the Meeting so we need to check if she is still interested
 - Senior event
 - Cindy McCarty and Sandy Greniger interested in organizing a Bingo
 - Jan will send them the Contact name for Engel Haus

- **Youth of Today** - Sherri S

- Need chair for St. Michael Bike Rodeo (May 7th) - Patti Weber and Lori Goutermont
- NICU blankets at High School - Julie suggested March - Kathy Hansen will Chair, Lori Goutermont will check her schedule and possibly can assist
- Sandy/Sara – Easter Egg hunt
 - Cindy McCarty and Beck Andreasen are assisting
 - Will be held during BunnyFest - 4/2 from 10 am - 12 noon
 - Sandy passed around a volunteer sign up sheet
- Need chair for Senior Scholarships - Sandy Greniger and Kathy Hansen

- **Newsletter** - Kris G

- Items due to Kris by February 12
-

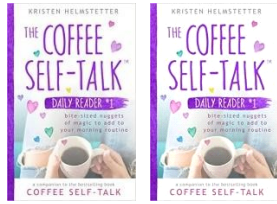
- **R & R** - Bobbie F - no report

- **Priority Project** - Crescent Cove – Joanna

- Lucky Buck
 - \$120 raised - Kris Goodin won Gift Card

- **Women's Wellness – Robin**

- Position open - Lori Goutermont taking it over
- March for Babies walk (March of Dimes), 4/23 at 8:30 near Mall of America, register online



- **L & L – Robin**

- Position open - Lori Goutermont taking it over
- Book club is changing to last WEDNESDAY night of the month
- Self-reflection. Join the MNWT Living & Learning **Coffee Self-Talk** Facebook page which has been posted on our Members Only page. "This book can help you transform your life by boosting your self-esteem, filling you with happiness, and helping you attract the magical life you dream of living. And, very importantly, it creates feelings of relaxed wholeness and worthiness. All this, with your next cup of coffee. Don't drink coffee, that's ok...grab a tea or juice. Zoom chats coming in February and March." Check it out.

- **President – Kathy & Julie**

- Could use some additional help with social media. I know just enough to be dangerous.
- Cheri Zajac interested in helping
- Awards from Convention:
 - Early Bird
 - 75% Retention
 - Candi Testa - L & L Certificate
 - Nicole Jockish - award for Program Report
- Julie updated us on her efforts to get our Chapter signed up for Amazon Smiles - they told her we were not on the list for non-profits
 - Sandy Greniger informed us there is a \$25 fee to get on the list - she will give Julie more details

Good & Welfare

Sherri Streff still not doing well after her Knee Surgery - send her well wishes

Kathy Hansen thanked everyone on the Key Woman Nominating Committee and everyone that came to see her get her award.

Lisabet Thomas is going to Norway for 1 month - have Fun!

Robin Johnson received acknowledgement from Sun Sailor that her HVAC Company was the Reader's Choice - Congrats!!

Robin Johnson informed us that her nephew just received a Scholarship to play football in Duluth.

Sandy Greniger was just made Planning and Zoning Commissioner for Wright County - Great News!

Sandy informed us that her son is retiring from the Army.

Kris Goodin is going to be a Grandma again!!!

US Women of Today Creed - CheriZajac

We, The United States Women of Today, are dedicated to serving our community and nation, are committed to strengthening our individual talents, and stand united by our friendship and belief in the future.

Adjourn @ 8:34 pm