NEWSLETTER OF THE

STMA Women of Today

August 2018

Volume 4

www.stmawt.org

KEEP THE BALL ROLLING

Wow, this is the last month in the first trimester, in just a couple of weeks September will be upon us and the new trimester will begin.

We have had a wonderful first trimester, highlights have included the Flags at Fort Snelling, African cooking social at Lori's house, social at Debbie's house learning how to make bug spray and lip balm, the Meet and Greet the Wright County Sheriff candidates, and in September will be the FYCC Open Streets in Albertville. These are just a few of our many GREAT events we have had this trimester. Great job ladies!!!!!

We have also had six new members join us this trimester and as soon as I get the paperwork returned from a prospective there will be another. Wow, you have all been very busy!!!

If you have not joined the St Michael-Albertville Women of Today members only group through Facebook please do so. I recently joined and I see so many fun and interesting things from/to our members.

As always **KEEP THE BALL ROLLING**

Carol Gore
STMA WT President 2018-2019

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Community Service Project to Benefit Homeless

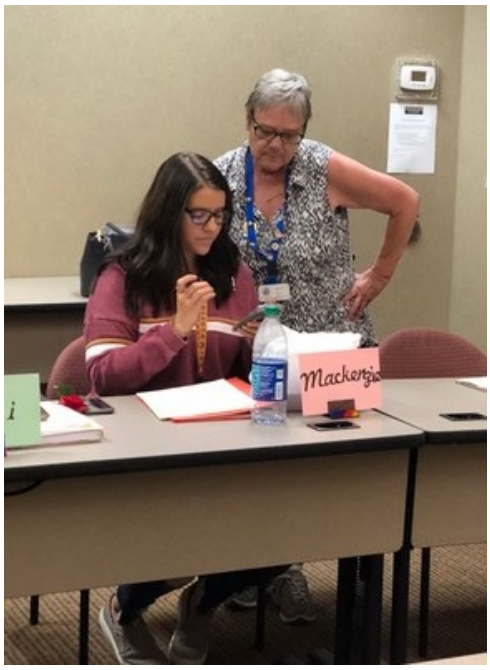
STMA Club Knights-Kids Play and STMA Women of Today team up with a service project to benefit homeless. Weeks prior, bags were collected, including a generous donation of 1,500 from Coborns. The bags were cut and made into plastic yarn or “plarn.” The “plarn" was then used to crochet a 3’x6’ sleeping mat with a handle. The mats were then donated to Weaving Love MN. For more information please visit Weaving Love MN and St. Michael-Albertville Women of Today on Face Book.

<u>Trick or Trunk</u>

Anybody interested in chairing this event? Let Sherri know

The STMA School Board accepted a check for $8235 from the Stuff the Bus campaign at last night's board meeting. Thank you to the many businesses and individuals who generously contributed to help students achieve success! We are grateful for their support and partnership.

New members installed at August general meeting: Mackenzie, Gina, Natalie & Jan with President Carol (Center)



1st grandmother/granddaughter members Mackenzie & Carol

Daze and Knights color run.
Community Connections

Date: Aug 6, 2018

At: St. Michael Library and brought to a color station

Members:

Jill, Gretchen P, Susie, Lori, Jan, Angela P, Renee

Angela's 2 daughters, Jill– son, and Susie's daughter and Gretchen P, daughter

Hours

Hours- Members- 24

Hours-Family-12

Total-36 total

Summary

Daze and Knights color run. We met at Library in St. Michael and taken to our color spot. There were 100 runners. And we threw red color at the runners coming by. It was a great fun time. We were asked to do it again. Its something we can consider.

Daze & Knights Booth & drawing winner

Daze & Knights
Color Run

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LPM report due	2 Sherriff's Forum MSW	3	4
5	6 Facebook/ Google training	7 Board mtg/ National Night Out	8	9 STM Daze & Knights	10 STM Daze & Knights	11 STM Daze & Knights Color Run
12 Kids Week	13	14 General meeting 7pm	15	16	17	18
19	20	21	22	23 Dist. Mtg Big Lake 7pm	24	25
26	27	28	29	30	31	

STMA Women of Today

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Board mtg/ National	5	6	7	8 FYCC Open Streets
9 Day at the Diamond WT Week	10	11 General meeting 7pm	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28 Fall St. Cloud	29 Convention Kelly Inn

STMA Women of Today

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Board meeting	6	7	8	9
		12 General meeting 7pm	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

STMA Women of Today

ST. MICHAEL- ALBERTVILLE WOMEN OF TODAY MINUTES

General Membership Meeting – Financial Security Bank

Tuesday, August 14, 2018

Call to Order @ 6:58pm

Pledge of Allegiance: Linda Prichard

MN Women of Today Creed: Kathy Hansen

Orders of the Day/Establish Quorum: Candi – Quorum has been established with 21 members.

- Meeting rules were covered; New project suggestions should be sent to the board before presenting them at a meeting.

Members present: Abbi Baker, Angela Pufahl, Candi Testa, Carol Gore, Crystal Willis, Debbie Pool, Gina Fix, Jan Cera, Jill Schoon, Joanna Bolduc, Kathy Hansen, Kris Goodin, Linda Prichard, Lisa Haines, Lori Goutermont, Lucy Kanu, Mackenzie Johnson, Nicole Jockisch, Sherri Streff

Guest at the meeting: Jenina, Natalie, Kathryn

Guest Speaker: Kathy Hansen, Community Connections State Program Manager

- 3 Projects that donations are being collected: True Friends, Great River Family Promise and MN Women of Today Foundation. Each person who donates will get their name in a drawing.

Officers Reports-

Internal & External VP-Sherri

- Community Connections – Jill
  - St. Michael Daze& Knights Color Run – recap to come later
  - Guest speaker from Rivers of Hope at October meeting
  - Bell ringing at Coborn's – Monday, Dec 3rd 4-7
  - True Friends – donation list will be emailed
- Community Connections –
  - Sheriff's Candidate Forum – Julie – 8 members attended, 27 service hours, $3.15 spent
  - Daze and Knights Events – Lucy – service hours 200, money spent $392
  - National Night Out – Recap – Gretchen P – recap to come later
- Public Relations/Social Media – Abbi
  - Web Committee Meeting – Abbi – 4 members attended, service hours 12, no money spent (new website was live 8/1)
  - Founder's Day Ice Cream Social – Carol – 18 members & 5 guests attended, service hours 10, money spent $31.94
  - Facebook/Google Training – Abbi – 7 members attended, service hours 15, no money spent

- Women's Wellness/Living and Learning – Lucy
    - Event with Tree of Life
        - 9/28 5-7pm and 10/20 12-2
        - $10/service – sign up at the next meeting if you didn't already
- Youth of Today – Joanna
    - STMA WT/Club Knights- Kids Play Joint Service Project for Weaving Love MN – Lori – 2 members, 20 students & 4 staff attended, service hours 150.25, no money spent

Treasurer – Lori It all adds up

Donation Requests:

- M/S/P – Motion to take $100 from external misc to decorate and hide rocks around town for kids week/youth of today. Seconded by Candi Testa
- M/S/P – Motion to take &75 from external misc for supplies used to create cards for the empower women project. Seconded by Lori Goutermont

Financial Report

- Checking 20,387.17 and savings 10,123.54

Secretary- Linda

- Approval of July general meeting minutes
- August birthdays – Jan Cera 8/1, Christine Konz 8/6, Susie Lish 8/ 11, Jackie Fields 8/19, Jenny Leonard 8/23, Mackenzie Johnson 8/26, and Julie Davis 8/30

State Delegate- Lucy

- Fall State Convention Sept 28-30, 2018 – Lucy
- District 6 1st Trimester Meeting – August 23 - Lucy

Membership VP- Julie

- New member orientation – Julie – 5 members & 1 guest attended, service hours 11, money spent $45.04
- Movie Social – The spy who dumped me – Julie – 2 members attended, service hours 6, no money spent
- Social 7/20 Make & Take Bug Spray and Lip Balm – Debbie P – 5 members attended, service hours 8, money spent $41.34
- Social Spicy Boxing – Abbi – 4 members attended, service hours 5, no money spent
- Movie Social – Mama Mia. Here we come again – Julie – 10 members & 1 guest attended, service hours 50, money spent $75
- Membership Event – Coffee at Caribou – Julie – 4 members & 1 guest attended, service hours 6.5, no money spent
- Membership Event – Sushi at Hana - Abbi & Crystal – 6 members & 2 guests attended, 12 service hours, money spent $36.44

Newsletter- Kris

- Kris needs articles by Friday August 17

NEW acts of kindness:

CC: FYCC Open Streets Albertville – Renee (Joanna co-chair)

- looking for volunteers 9/8

PR: Women of Today Week

- Empowering Women event – Debbie P

President- Carol **KEEP THE BALL ROLLING**

Serves You Right- Gretchen H was selected & money will roll over to next month.

US Women of Today creed – Lucy Kanu

Adjourned @ 8:28 pm

A note from Past President & Parli: Candi

A reminder from this months meeting-

-we will be having brief trainings at the general membership meetings on procedures & guidelines for the chapter to keep the ball rolling at meetings to cut the meetings down in length

as a refresher from this months meeting:

-an email must be sent to the board with any/all new ideas for projects/events/socials/Membership events, the board meets on the 1st Tuesday of the month and we will need your email by the 1st Monday-

- a copy of your full report must be prepared and given to the secretary and Bobbi for chapter records. At the meeting your full report does not need to be read, what we need to know at the meeting is when the event was, who worked, how many were there, how many service hours were worked and how much money was spent. The full report that is given to the secretary will be used for the meeting minutes, you can also write a letter for the newsletter to let all of us know what great things happened at the event so we can all celebrate our service

Chapter

Crystal– Thank you for the tasty zucchini! Lori

Gretchen H– Missed you at Spicy Boxing! You would have loved it! And "Serves you right" pot is growing! Lori

Welcome to all our new members! Jan, Gina, Mackenzie, Natalie, and Deb. Lori

Jan– Thank you for the ride to the bathroom!!! Lori

Jill– Great job on the STM Daze & Knights Color Run– Fun, Fun, Fun! Lori

Lucy– Great job on the STMA Daze & Knights "booth"! Your girls are so adorable:) Members– thank you to all volunteers that helped make both of these events successful! Lori

National Night Out Thanks you Gretchen P for hosting. Sorry I missed it! Lori

Kathy H– Thank you for helping with the Weaving Love MN mats and all the bags you donated! Lori

Abbi & Sherri– Thank you for the Facebook/Google training and for fixing my phone! Lori

Joanna– Thank you for putting together the Rock Painting event for Kids Week. Sorry I missed it! Lori

Carol- Great job leading the chapter as our president! Kris

Abbi– Thank you for setting us up for Spicy Kickboxing! Super Fun! Lori

Julie- Hope you are having a fantastic time in Australia! Lori

Kris- Great job on the newsletter! Lori

Information on Women Wellness & Appreciation Events

Women of Today Appreciation Night	Cost is $10 (Paid the event and all $10 will go back to WOT).
Dates:	Friday September 28 5-7 pm Saturday Oct 20 12-2 pm.
Available Slots:	Each date is open to a max of 8 people. Filled out sign up sheets attached. Every person can choose 2 services to do.
Services:	A massage therapist will be doing chair massage in between Services. A couple of educational items to cross-off on WOT certification sheets!
Save the Date:	October 11, Tree of Life will host a women's wellness event open to ALL

Ionic Foot Detox-

Ionic Foot Detox- Cells, When in balance, increase the bodily functions that facilitate healing, including eliminating heavy metals, parasites, and other toxins. Cells that are fully charged have more oxygen and have the capacity to undergo electrical balance, which results in elevated mental attitude, energy, vitality, and wellbeing. Studies have shown that the ionic cleanse foot bath improves oxygen levels. The ionic technique of cleansing with the foot bath provides a full body purge of all body's vital organs, which results in a reduction of many symptoms including menopausal symptoms, menstrual cramps, candida or yeast infections, sexual health issues, skin problems, sleep disorders, stress, toothaches, etc.

Chi Machine-

Temporary muscle pain relief, temporary increase the local blood circulation via motion stimulation, energy increases, mental focus, stable back support alignment and promoting lymph drainage. The Chi Machine enables the human body to gently sway from side to side in a figure of eight with absolutely no pressure or stress to the body.

Ear Candling-

A simple, effective method to removing ear wax build up, fungus, and impaction from within the ear canal. The process can also regulate sinus pressure, assist with the past nasal drip, sinusitis, migraines, some forms of hearing loss, and restoration of equilibrium.

Hydro Massage-

For a quick full body massage, you are fully clothes and the bed is designed to target your body's vital pressure points along the spine with a precise, revitalizing massage to provide you with the combined therapeutic benefits of massage, water pressure, and heat.