
NEWSLETTER OF THE STMA Women of Today

March 2021

Volume 10
www.stmawt.org



Our Garden in Bloom

Hello to all STMA Members

Well we only have one more month left this year.

I would like to say thank you for a good year. It has been a different kind of year. I'm so glad that things are looking up for us this next year. Our general meeting in April is on the 13th and our Banquet is on the 20th. They will be held at the Liberty Restaurant.

I would like to thank my board for a great year. You all did an awesome job. Also to Kris for doing a great job on the newsletters this year.

I hope to see a lot more of you at the Banquet this year.

Kathy H



\$\$ Year End Donations \$\$

Due to our non profit status we need 2/3rds of our spending to be on external items. Currently we have 55% spent on external, so there is room to donate to our community! Please bring your ideas of where to donate within our community to the April meeting. We will be voting on our year end donations at that time. Questions: contact Treasurer Nicole



Programming:

It's that time again, spring. We need a chair for the Highway Cleanup. Many people have done this in the past and can help anyone new who might want to jump in. This is a great first project for someone. Please let Julie know if you'd like to take this on or have any questions about it

Emphasis Month: March

STEP (MN); Membership (MN &US); USWT Foundation (US) (US); Health & Wellness

Emphasis Month: April

: Volunteer Recognition/Public Relations (US); Outstanding Achievement in Programming (US)

Book Club News by Julie Davis

If you wish to purchase any books to read for book club, the Buffalo Books and Coffee offers a 10% discount on your book purchase when you let them know. I realize they are a bit more expensive than purchasing on Amazon, but I like to support locally owned businesses, especially independent bookstores. If you haven't been there, stop in; it's a wonderful little place. During the pandemic they actually expanded into the downstairs, offering even more selection. Their coffee shop is amazing. Check it out!



For March we are still meeting via ZOOM, so please let me know if you wish to participate. Book club begins at 6:30. How we are meeting in April will be decided closer to the date. I hope you will join us for some discussion about the book and general chatting.

The book for the March 24 book club is *The Giver of Stars* by Jojo Moyes. *This is a great book, and an easy read. It is historical fiction, set during the Depression. Roosevelt's New Deal project called the Pack Horse Library Initiative was based in Kentucky for women librarians on horseback to deliver books to people in the Appalachian Mountains. This book covers so many themes -- feminism, sexism, racism, misogyny, and friendship. It's a USA Today Top 100 pick and a Reese Witherspoon Sunshine Book Club pick. This book was so good, that I truly missed reading it when I finished. I had never heard of this project before, so I learned a bit, and then I started doing additional research into it. It was the precursor to bookmobiles. I can hardly wait until the movie is released.*

From Amazon: Alice Wright marries handsome American Bennett Van Cleve, hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt's new traveling library, Alice signs on enthusiastically.

The leader, and soon Alice's greatest ally, is Margery, a smart-talking, self-sufficient woman who's never asked a man's permission for anything. They will be joined by three other singular women who become known as the Packhorse Librarians of Kentucky.

What happens to them--and to the men they love--becomes an unforgettable drama of loyalty, justice, humanity, and passion. These heroic women refuse to be cowed by men or by convention. And though they face all kinds of dangers in a landscape that is at times breathtakingly beautiful, at others brutal, they're committed to their job: bringing books to people who have never had any, arming them with facts that will change their lives.

Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic--a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.

SOON TO BE A MAJOR MOTION PICTURE!

Underground Railroad by Colton Whitehead will be the April 28th book. I have just started reading this book, and already it's affecting me. I see many themes emerging: parent/child relationships, survival, and the fear and abuse of slavery, I am looking forward to finishing it soon.

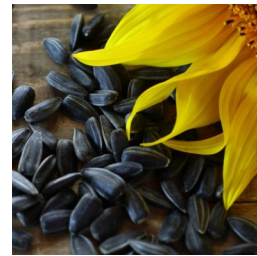
From Amazon: **Winner of the Pulitzer Prize and the National Book Award, this #1 New York Times bestseller chronicles a young slave's adventures as she makes a desperate bid for freedom in the antebellum South**

Cora is a slave on a cotton plantation in Georgia. An outcast even among her fellow Africans, she is on the cusp of womanhood—where greater pain awaits. And so when Caesar, a slave who has recently arrived from Virginia, urges her to join him on the Underground Railroad, she seizes the opportunity and escapes with him.

In Colson Whitehead's ingenious conception, the Underground Railroad is no mere metaphor: engineers and conductors operate a secret network of actual tracks and tunnels beneath the Southern soil. Cora embarks on a harrowing flight from one state to the next, encountering, like Gulliver, strange yet familiar iterations of her own world at each stop.

As Whitehead brilliantly re-creates the terrors of the antebellum era, he weaves in the saga of our nation, from the brutal abduction of Africans to the unfulfilled promises of the present day. *The Underground Railroad* is both the gripping tale of one woman's will to escape the horrors of bondage—and a powerful meditation on the history we all share.

Seeds of Encouragement



Robin, Thanks for your help and input during the bylaws and policies meeting. You have a lot of great questions and suggestions! --Abbi

Kathy, Here's wishing you well for your surgery and recovery! --Abbi

Jan, Great job on the minutes! I know I can always count on you having them ready for the newsletter. Kris

Abbie, Nicole, Julie & Kathy, Thanks for the timely articles for the newsletter. You make my job easy. Kris

It was so nice to see everyone in person again at the March general meeting. Kris



MEMBERSHIP SURVEY COMING SOON

Watch your email inbox for the link to survey. You will have a chance to win a prize at our year end banquet when you submit your responses!

*Certification Night
Monday, March 22
7 pm at Jan's*





Minnesota Women of Today

Living and Learning Certification¹⁶

PLEASE TYPE OR PRINT. Two (2) requirements in each section plus two (2) additional must be completed between May 1 and April 30. Indicate completion date and/or describe activity. Mail the completed form to the Living & Learning state program manager or complete online at www.mnwt.org by the certification due date of the trimester during which the certification is completed.

Print Name _____ Date _____

Chapter _____ District _____

Email _____ Phone _____

Self-Improvement

- ☐ Take an educational course, attend a seminar, or take a Personal Enrichment Program (PEP).
Topic: _____ Date: _____
- ☐ Write an essay or other extended writing.
Topic: _____ Date: _____
- ☐ Give a speech or planned presentation. Should be 4-6 minutes in length.
Topic: _____ Date: _____
- ☐ Participate in a career development activity.
Date: _____
- ☐ Read a self-improvement book.
Title: _____ Date: _____
- ☐ Try something new – something outside your comfort zone.
What was done: _____ Date: _____
- ☐ Other _____ Date: _____

Civic Growth

- ☐ Be registered to vote and vote in a governmental election at the national, state, or city level.
Date: _____
- ☐ Attend a public meeting with elected officials or write a letter to an elected official.
Date: _____
- ☐ Participate in a park cleanup, adopt-a-highway, or recycling program. Date: _____
- ☐ Visit a historical monument or landmark.
Place: _____ Date: _____
- ☐ Be a member of another organization.
Organization _____ Date: _____
- ☐ Learn about American history by reading a book, listening to a speaker, or watching a documentary.
Topic: _____ Date: _____
- ☐ Research a current event or issue and educate someone else about it.
Topic: _____ Date: _____
- ☐ Other _____ Date: _____

¹⁶ Living and Learning Certification | Revised 5/2008 | Reviewed 01/19/14 by L&L SPM
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Certification Wellness and Personal Development

Name _____ Date Joined _____ Date Certified _____

Chapter/State _____ Email _____

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at www.uswomenoftoday.org. You may also mail to your state contact postmarked no later than May 1.

- Have a physical exam
- Know your numbers (Cholesterol, blood pressure, glucose, and body mass index)
- Have a mammogram or pap test
- Be a registered organ donor
- Quit smoking or support someone who is
- Donate blood
- Certify in CPR or First Aid
- Check your medication cabinet for outdated items and dispose of them properly
- Update your medical history
- Keep a diary for at least one week
- Exercise a minimum of 3 times per week for one month
- Attend a seminar, health fair, or read an article on a health topic
- Keep a journal for 30 days logging your diet, time management, mood or exercise
- Visit a nursing home, or hospital
- Complete an effective speaking or impromptu competition
- Present a 4-6-minute speech
- Enter a writing contest
- Write an article for a chapter, state, or national newsletter
- Write an essay or short story with 300 or more words but less than 500 words
- Write or update your resume
- Participate in a leadership exercise
- Participate in a teambuilding exercise
- Participate in a chapter project
- Attend a state or national meeting/convention
- Learn about what power of attorney, durable power of attorney, or guardianship is.
- Learn about the United States flag, the United States currency, or visit a US historical site
- Learn about the care of your vehicle
- Learn how a bill becomes a law or another aspect of the government
- Interview a member of an older generation about changes they have seen in their life span

Other _____

Certification Night
Monday, March 22 at 7pm
at Jan's house



Meeting for lunch before going fabric shopping for tie blankets for the NICU



Kathy's completed tie blankets for the NICU

Blanket making for the Maple Grove NICU

Wed. March 31 from 3:30-5:30 at the STMA High School

Join Julie and some high school students after school to tie fleece blankets

Favorite Recipes: Julie Davis

One of my favorite recipes is Cream Cheese Chicken Enchiladas which I found at thespiffycookie.com. Easy to make and oh so yummy. Enjoy!

Cream Cheese Chicken Enchiladas

By: thespiffycookie.com

Ingredients:

- 5 oz. cream cheese, softened
- 1/4 cup light sour cream
- 10 oz. can of enchilada sauce
- 1 cup shredded cheddar cheese, divided
- 1 cup shredded monterey jack cheese, divided
- 2 cups cooked shredded chicken
- 1 cup frozen corn kernels, thawed (canned corn works just fine, but drain it first)
- 4 oz. can diced green chiles
- 1/2 tsp chili powder
- 1/4 tsp cumin
- Salt and pepper
- 4 scallions, thinly sliced
- 8 (8-inch) tortillas



Directions:

1. Preheat the oven to 325 degrees. Spray a 9×13 dish with cooking spray.
2. In the bowl of your mixer cream together the cream cheese, sour cream, and 1/2 of the enchilada sauce. Stir in 1/2 cup of each type of cheese.
3. In a second bowl toss together the chicken, corn, cumin, chili powder, salt and pepper, green chiles, and half of the scallions. Add the chicken mixture to the cheese mixture and combine well.
4. Spread about half of the remaining enchilada sauce in the bottom of the baking dish.
5. Spoon the filling into each tortilla, roll the tortilla up, and place in the baking dish with the seam down. Pour the remaining enchilada sauce over the top of the filled tortillas and sprinkle with the remaining cheese. Bake for 20-25 minutes or until hot and bubbly. Sprinkle with the remaining scallions and serve.

Happy Spring



L(ocal) O(fficer) T(raining) S(ession)

May 1st, 2021

Resurrection Lutheran Church

9300 Jason Ave NE, Monticello, MN 55362

9:15-9:30

Registration

9:30-9:45

Welcome

9:45 – 12:00

Training

12:00 – 12:30

Lunch

12:30 – 3:00

LPM/Team Building/Board Training

3:00-3:15

Evaluation



Prepare to "R.I.S.E." at
L(ocal) O(fficer) T(raining) S(ession)
May 1st, 2021

Resurrection Lutheran Church
9300 Jason Ave NE, Monticello, MN 55362
For information contact:

Jenise Teske (612) 735-0053 or CMVP@mnwt.org
Katie Castro (952) 406-8578 or CSC@mnwt.org

Nearby Hotels:

Best Western Chelsea Inn & Suites

89 Chelsea Road Monticello MN 55362
763-271-8880

(When calling to reserve a room,
mention "Women of Today")

Tentative Schedule:
9:15-9:30 Registration
9:30-9:45 Welcome
9:45-12noon Training
12-12:30 Lunch
12:30-3 LPM/Board Training
3-3:15 Evaluation

LOTS Registration Form

_____ Early Registration--\$15.00 (per person) attending in person

Postmarked 04/12/2021: Includes box lunch

_____ Late Registration--\$20.00 (per person) if attending in person, \$7 if attending virtually

_____ \$5.00 registration if attending virtually; \$10 if printed materials to be mailed (Information will be emailed)

Chapter: _____

District: _____

Name: _____

Phone Number: _____

Email: _____

POSITION:

____ Chapter President

____ Treasurer

____ State Delegate

____ Programming Vice President

____ Secretary

____ Membership Vice President

____ Treasurer

____ Local Programming Manager

Lunch choices: White or Wheat Bread; Turkey, Ham, or Veggie (circle choices). Lunch box comes with sandwich, pickle, lettuce, tomato, Swiss cheese, chips, and a Special K bar

Make checks payable to: MNWT

Mail To: Jenise Teske , 810 – 10th Ave. S. Apt 103, St. Cloud, MN 56301



St. Michael-Albertville

Women of Today

General Meeting Minutes

March 9, 2021

Let Our Members

Grow Like Flowers

Call to Order@ 7:02 pm

Pledge of Allegiance- Abbi Baker

MN Women of Today Creed- Jan Cera

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.

Ice Breaker- Do Margarita Trivia-Your name and position.

Orders of the Day/Establish Quorum - Abbi:

Members present: Kathy Hansen, Chris Bacon, Julie Davis, Jan Cera, Nicole Jockisch, Abbi Baker, Robin Johnson, Jackie Fields, Lisa Haines, Candi Testa, Lori Goutermont, Kris Goodin and Cheri Zajac

13 Members present - Quorum has been established

Officers Reports

Parli- Abbi

- **Review By-Law & Policies:** Abbi will email the members the By-Law revisions. We will then vote on the changes at the next General Meeting.
- **Board Nominations:**
 - **President** - Julie Davis and Kathy Hansen will be co-Presidents
 - **State Delegate** - Kathy Hansen
 - **Membership** - Chris Bacon

The Members approved all three nominations

Treasurer- Nicole

- **Report**
 - 1 Craft Show refund was sent out
 - 1 more Student Scholarship was paid out. We are still waiting on paperwork from the last Student

- Insurance was paid out
- Lori Goutermont asked if we ever renewed our Food License?
 - the notice may have gone to our email
 - someone needs to check the email
 - Julie Davis will check on it

- **Donation Requests**

Motions - M/S/P (Davis/Goutermont) I move that \$180 be taken out of External Misc to buy blanket material for the NICU Unit in Maple Grove

Year end Donations for the Year:

- Here are the stats so far
 - we paid out 55% external
 - we paid out 45% internal
 - we need to have $\frac{2}{3}$ External and $\frac{1}{3}$ Internal
- We will put in motions to increase the External payments
 - Suggested places to donate were: Fire Departments, Library, Senior Center and Open Door

Lucky Buck-Domestic Violence Awareness: \$35 was raised and Robin Johnson won the Basket

Fill out Awards sheet - Members filled out sheets

Secretary- Jan C

March Birthdays: 3/31 Kris Goodin, 3/3Patti Weber, 3/19

Heather Pomeroy, 3/20 Robin Johnson, 3/24 Trudy Mace,

3/24 Debbie Pool - All Cards have been sent out

- **February Minutes** - Members approved the Minutes

State Delegate- Kathy Hansen

- **Convention** - being held 5/21 & 5/22 in Alexandria
 - Let Kathy know if you are interested in attending
 - Lori Gourtermont might be interested
- **US Convention** - being held 6/11 & 6/12 in Des Moines
 - Let Kathy know if you are interested in attending

Participation log book: was sent around to all Members

Membership- Jackie

Pass around Serves you right \$5.00 - \$6.50 was collected and Joanna Bolduc's name was chosen. She was not in attendance so the money will be rolled over for the next meeting

- **Renewals 2nd Tri:** Due on the 15th - 2 people dropped - Giya Albert and Crystal Willis. Lucy Kanu is planning on continuing but still needs to get her dues to Jackie. She will be dropped if not paid by the end of April.
- **New member Orientation** - Trudy Mace still needs Orientation - she has the binder but still needs to go over it with Jackie. Jackie will get it scheduled
- **Membership Event-** Bingo April 1st at 7:30 pm
 - Jan suggested putting up a Flier in the Library. Julie said she would take care of that

Step Certification - Kathy

- We will meet at Jan's house on 3/22 at 7:00 pm

Conduct chapter survey - Abbi: Abbi sent suggestions to Kathy and Sherri. They will get one out before the next General Meeting

Programming VP – Julie

Social Event Bingo March 14th (Sunday) on Zoom

- Julie will post on Facebook
- **Living and Learning- open Book Club, Julie:** Everyone is welcome
 - last meeting held on 2/24 - "Ask Again, Yes" attended by Julie, Abbi, Bobbi and Kathy. 6 hours no money spent
 - next meeting will be held on 3/24 at 6:30 pm (Zoom) book is "The Giver of Stars" by Jojo Moyes
 - following month will be held on 4/28 at 6:30 pm - book is "The Underground Railroad" by Colson Whitehead
- **Community Connections** - Chris B- Bobbi -Women's Month
 - Bobbi is making Facebook posts to honor important women
 - Check out our Facebook page and share on your own Facebook Page and share with friends
 - Fish Fry Volunteering at Liberty Restaurant on 2/19. Lori reported that we had 4 Members that volunteered and 2 additional Members attended.
- **Albertville City Days - Jan:**
 - The next meeting of the AFD group is on 3/16 - at this meeting, it will be decided if the Festival is going to be held this year. June 9 - 13 are the dates.
 - Albertville Sings competition: last year was to be the 1st year this competition was to be held but it was cancelled due to Covid.

- Jan asked the members if they wanted to participate this year. Responses were mixed, so Jan will get more information of what would be expected of us and send an email to Members.

- **Priority Project-(Wishes & More)-Abbi:**

- Everything for Wishes and More will be done at Convention

- **Priority Area-Crescent Cove:** LPM is open starting 5/1/21

- **Women's Wellness-open** - no report

- **Youth of Today - Sherri S:**

- Julie and Kathy made donations so that material could be purchased for High School students to make Blankets for NICU. These will be made on March 31st 3:30 - 5:30 pm.
- If interested in helping, contact Julie Davis
- Julie will send out an email about this to our Members

- **Coloring contest - Julie:** no update

- **Newsletter - Kris G** / needs articles and pictures by 3/14

- **Records Management- Bobbi F-** no report

Public Relations - Abbi & Julie:

- Abbi installed our Instagram Page

Lucky Buck-Chapter fundraiser - \$30 was collected and Cheri Zajac won the basket



Let Our Members
Grow
Like Flowers

President-Kathy

Awards from Fall Convention:

- The following Members received awards:
 - Chris Bacon, Jan Cera, Abbi Baker, Nicole Jockisch, Sherri Streff, Lori Goutermont
- Other Awards:
 - January Sunflower - Chris Bacon
 - February Sunflower - Lisa Haines
 - February Daisy - Robin Johnson

Banquet – April 20

Theme for March - wear green to the meeting. Winner – Lori Goutermont - \$10 gift card
Margarita Trivia-winner - Julie Davis - \$10 gift card

Thank you to everyone who is here tonight.

Good and Welfare:

- ☐ **Cheri Zajac** - her surgery was 2 months ago and it went well
- ☐ Thank you to **Julie Davis** - she donated card making items and showed Members how to make cards that will be used for our organization
- ☐ **Robin Johnson** shared that her birthday is on 3/20, which is the first day of Spring and that is why she was named Robin!
- ☐ **Jackie Fields** is back at her old High School and very happy
- ☐ This was **Nicole Jockisch's** first day back in her classroom since last year. She has part virtual students and students in the classroom. She is very tired!
- ☐ **Kathy Hansen's** knee surgery is scheduled for 3/24 - Good Luck Kathy!!
- ☐ **Jackie Field's** daughter is getting married 4/10/21 - Congrats!

US Women of Today Creed - Robin Johnson

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@ 8:25 pm

