

NEWSLETTER OF THE

STMA Women of Today

July 2021

Volume 3

www.stmawt.org



Note from Co-President Julie

Thank you to everyone who showed up for the July meeting; it is always great to see so many people. What a busy meeting we had--a speaker, two Lucky Buck baskets, one basket giveaway, a member from Monticello Chapter, the District Director, and a former member visiting from Texas. We also had three prospective members, all of whom joined. While the meeting went

longer than what I normally plan, I hope everyone had a good time with all the extras.

Thanks to Kimberly for her presentation on Mindfulness. I know we asked a lot of her to cut her normal one-hour presentation down to 20 minutes, but she did an amazing job. I look forward to learning more from her about this subject. She has offered to do a ZOOM session for stretches that can be done from work or home. Look for additional information from her in this newsletter.

I would also like to thank Kathy for all of the time she spent attending meetings of other chapters in June and early July and bringing back some good ideas. Unfortunately, due to her upcoming surgery, Kathy will be unable to attend the fall state convention. This is one of the very few that she has missed in her 25 years with Women of Today. If anyone is interested in attending, please be sure to talk with Kathy. She loves attending conventions and says what a great time they are.

Thank you to everyone who volunteered for various projects. If you are an experienced member, please reach out to a newer member so they can learn from you. If you are a newer member be sure to reach out to me, a Board member, or a seasoned member if you need help with any part of your project. We want you to feel successful and not get overwhelmed, and sharing the task can help with this.

We went over the list of ideas that were thrown out last month, and I will again post them in this newsletter, so see what interests you. If you have another idea that is not on that list, please bring it up with me, another Board member, or at the next meeting.

Abbi is our website guru and we greatly appreciate everything she does, because it can be quite time-consuming. We need to update the site, which is a big task. It's nice to look at other chapters' websites to see how they have theirs set up and what seems to work or doesn't. Sherri will be helping Abbi, but it would be nice to have a few more people involved. Please contact Abbi for additional information.

Reminder to use the hashtag [#stmawtkindness](#) whenever you see an act of kindness. If we look hard enough, we will see many people being kind. You can even tag a kindness that you did for someone else. While it's nice to see someone in a drive through paying for

those behind them, kindness isn't about the money spent; it's about the action. Most kindness is totally free.

We have been having a great time at the STMA Women of Today Book Club. Even if you're not an avid reader, this might be a great way to get into or back into reading. At our July meeting we will be picking books from September through December, so come with ideas. Check out the Facebook page: www.facebook.com/groups/188582482258933/

As mentioned above, three new members joined. Lisabet was a member a few years ago, and at one time held the position of President. Drop them an email, contact them if going to an event; please, make them feel welcome.

Hall	Chris	(763) 568-5179	chall081164@gmail.com;
Winnen	Sandi	(763) 439-2655	trixie1466@yahoo.com;
Thomas	Lisabet	(763) 221-5356	lmjcthomas@gmail.com;

I hope to see you at some of our upcoming projects/events. Have a wonderful rest of your July.

Julie

Some great ideas were thrown out at the June meeting. Some are for speakers; others are for speakers that could also be an event. Names behind are members who have a connection with someone that may be willing to work with us. If you have any other ideas, please let me know to add them to the list.

Wills/Trusts (Robin)

Women's Finances

Feng Shue (Robin)

Chiropractor (Jan)

Diversity (Kimberly)

Vision Boards (Abbi)

Thumbs Up (Cindy) (suicide prevention)

Nutrition

Real Estate (Cindy & Sara)

Mechanical Maintenance

Self-defense

Composting

First-Aid/CPR

Wine pairing

Chocolate tastings

Concession stand (how to improve)





**STMA WT July
General Meeting**





Volunteering at the Hamel Rodeo



Big Lake Area visitation



Albertville Friendly City Days drawing winners.
Shari Shafii above won the stadium seat and
Stacy Sexton below won the gift bag with the
31 bag.



Monticello visitation



District 6 Meeting



STMA WOT Newsletter

Women's Wellness

By Kimberly Kayler

Incorporate Mindfulness in Your Life

TIME magazine named 2014 the Year of Mindfulness. For a few years following this declaration, mindfulness, or Mindfulness-Based Stress Reduction (MBSR), became a common key topic. Then the buzz moved on to other topics. Today, now that we are moving to the other side of the COVID-19 pandemic, MBSR is coming to the forefront again as studies show we are more exhausted, stressed out and drained than ever.

Mindfulness is both a process and an outcome. Instead of mulling over the past (I should have never said that to my sister when I saw her) or worry about the future (I know things won't go well when I talk to my husband about this issue), mindfulness involves stilling that chatter and focusing on the here and now. No overthinking or overanalyzing-or the opposite, banishing all thoughts. Unlike many forms of meditation, which pressure you to do the impossible -- totally clearing your mind -- mindfulness means letting your thoughts come and go without rushing to figure out what they mean. With MBSR, you can allow your body to take a break from the prolonged fight-or-flight impulse by flexing your parasympathetic nervous system. What does that mean? Better control and keeping cool. People who practice everyday mindfulness can actually change the structure of their brains, beefing up the areas that control emotions and stress responses. Who doesn't want to change their brain for the better?

If you missed the meeting in July or would like a deeper dive into this topic, I invite you to watch <https://www.aoeteamwebinars.com/corporate-mindfulness>. Another way to get started is by using a meditation app. Headspace, Calm and Insight Timer are user-friendly and a great way to begin a mindfulness practice. Start small and celebrate building a pattern with your practice.

Desk/Couch/Travel Stretching!

Feeling a little stiff? Interested in learning how to stretch during those long car rides, at your desk or even while watching Netflix? Join this all-levels non-impact stretching class, taught by Kimberly Kayler, eRYT500, RTY200. While she has a day job leading a consulting firm, Kimberly moonlights as a yoga teacher and this session, held via Zoom on Wednesday, Aug. 4 from 5:30-6 pm, is designed to teach you how to better incorporate stretching into your daily life!

To register, email Kimberly at kimberly@findyouredgeyoga.com.

Domestic Violence information

Protect your communication & location

An abuser can use technology to monitor your telephone & online communication & to track your physical location. If you're concerned for your safety, seek help. To maintain your privacy:

- **Use phones cautiously.** Your abuser might intercept calls & listen to your conversations. He or she might use caller ID, check your cellphone or search your phone billing records to see your complete call & texting history.
- **Use your home computer cautiously.** Your abuser might use spyware to monitor your emails & the websites you visit. Consider using a computer at work, at the library or at a friend's house to seek help.
- **Remove GPS devices from your vehicle.** Your abuser might use a GPS device to pinpoint your location.
- **Frequently change your email password.** Choose passwords that would be impossible for your abuser to guess.
- **Clear your viewing history.** Follow your browser's instructions to clear any record of websites or graphics you've viewed.

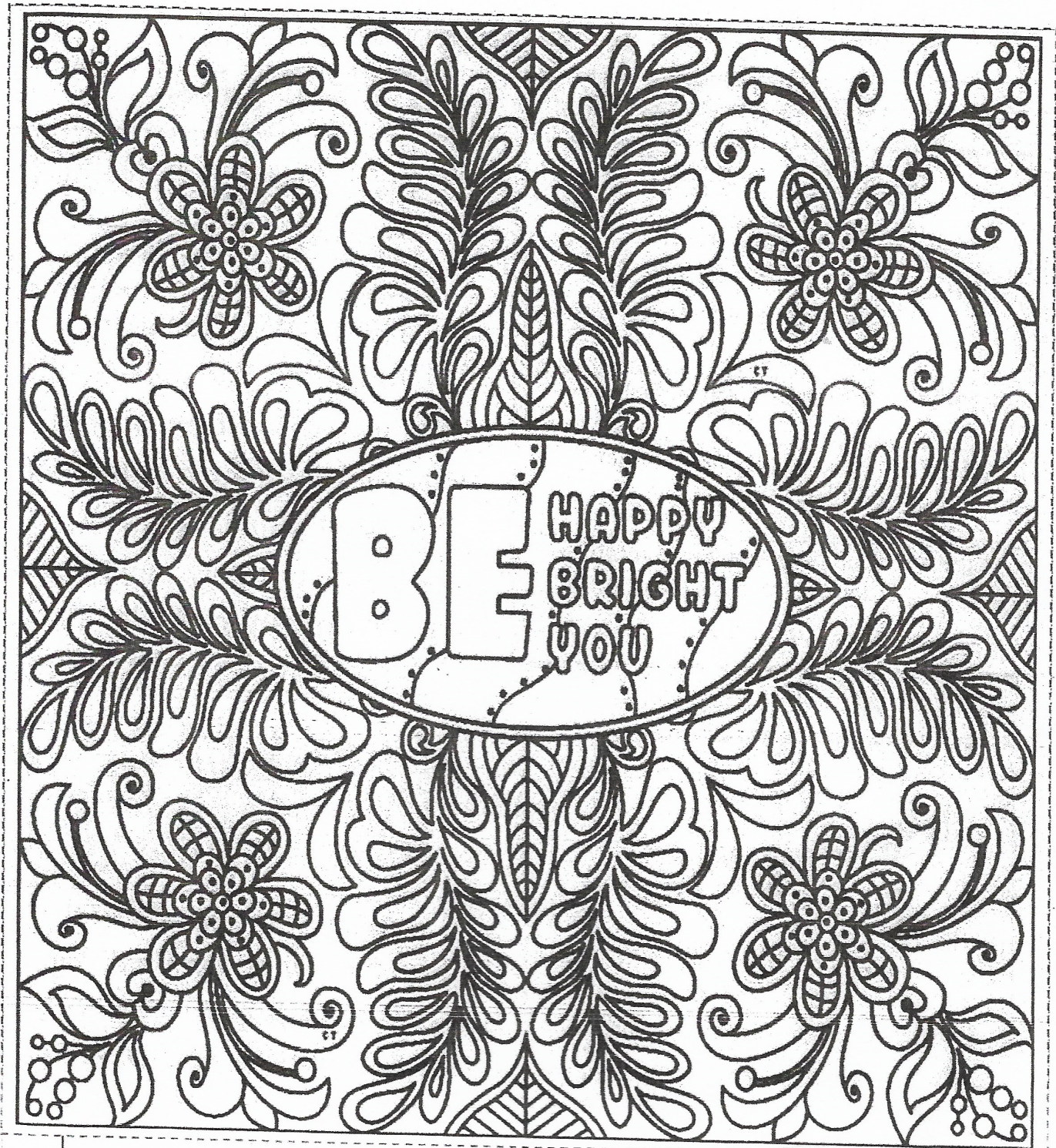
Where to seek help

In an emergency, call 911 — or your local emergency number or law enforcement agency. The following resources also can help:

- **Someone you trust.** Turn to a friend, loved one, neighbor, co-worker, or religious or spiritual adviser for support.
- **National Domestic Violence Hotline: 800-799-SAFE (800-799-7233).** Call the hotline for crisis intervention and referrals to resources, such as women's shelters.
- **Your health care provider.** Doctors and nurses will treat injuries and can refer you to safe housing and other local resources.
- **A local women's shelter or crisis center.** Shelters and crisis centers typically provide 24-hour emergency shelter, as well as advice on legal matters and advocacy and support services.
- **A counseling or mental health center.** Counseling and support groups for women in abusive relationships are available in most communities.
- **A local court.** Your district court can help you obtain a restraining order that legally mandates the abuser to stay away from you or face arrest. Local advocates might be available to help guide you through the process.

It can be hard to recognize or admit that you are in an abusive relationship — but help is available. Remember, no one deserves to be abused.





Name _____
Chapter _____ State _____
Email _____ Phone _____

USWT MVP 1st SIP 21-22

Return completed colored sheets to Kathy Hansen



Kathy & Julie at
Champlin WT General
Meeting



Scattered Wishes

Thanks to everyone who joined me in bingo. Kathy
 Lisabet– Welcome back to the chapter! It was nice catching up with you at Caribou.
 Kris
 Julie– You are doing a great job! Kathy
 Chris & Sandi- Welcome to STMA Women of Today! Kris
 Board members– You are doing a great job! Kathy
 Kimberly– Great information in your presentation at our meeting and the article you
 submitted to the newsletter! Kris



St. Michael-Albertville

Women of Today

General Meeting Minutes

DATE: 13 July 2021

Call to Order @ 7:00 pm

Pledge of Allegiance - Abbi Baker

MN Women of Today Creed- Cindy McCarty

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.

Speaker – Kimberly Kayler – Presentation about Mindfulness and living in the Present

Introduction of Visitors:

Gretchen Pearce, former member

Barb Berndtson, Monticello Women of Today

Rachel Mueller, District Director

Prospective Members:

Chris Hall

Sandi Winnen

Lisabet Thomas

All 3 decided to Join our Group!!

Orders of the Day/Establish Quorum – Abbi

16 Members Present: Lisa Haines, Chris Bacon, Cheri Zajac, Julie Davis, Kathy Hansen, Jan Cera, Nicole Jockisch, Kris Goodin, Sherri Streff, Cindy McCarty, Abbi Baker, Robin Johnson, Sara Caron, Tiffini Ventura, Michelle Skrypec and Kimberly Kayler

A Quorum has been established.

Officers Reports

- Parli- Abbi
- Treasurer- Nicole

- **Treasurer Report**
- **Adding Julie as signer to accounts**
 - ☐ Julie Davis to be added to the Banking Account and Lori Goutermont is to be taken off
- **Secretary- Jan**
 - **Report**
 - **July birthdays – Carin & Gretchen**
 - **Sympathy Card sent out to Brenda Baumann – mother passed away**
 - **Last Month's Minutes**
 - ☐ **Changes or corrections**
 - ☐ **Approve the Minutes – Minutes are approved as presented**
 - **Send Jan all reports for the Minutes (preferably before the meeting starts). Report summary forms are available on the website.**
- **State Delegate - Kathy**
 - **Participation log book – sent around for members to update**
 - **Recap:**
 - ☐ **Kathy, USWT convention, 6/11-12 Kathy handed out numerous awards that she picked up at Convention**
 - ☐ **Kathy, District 6 Meeting, 6/29 Kathy will re-cap in the Newsletter**
 - ☐ **Kathy, attended Monticello general meeting, 7/1**
 - ☐ **Kathy, attended Elk River general meeting, 7/8**
 - ☐ **Kathy, attended St. Francis general meeting, 7/12 Michelle Skrypec went with Kathy Hansen**
 - **Upcoming:**
 - ☐ **President/State Delegate Retreat 8/7 Julie and Kathy to attend**
 - ☐ **Fall convention 9/17-19, Kathy can't go; who would like to attend – being held at Arrowwood**
- **Membership – Chris**
 - **Recap**
 - ☐ **Jan, 6/16, Pizza in the Park**
 - ☐ **7 Members attended and 4 Guests attended, \$0 spent and 10.5 Service Hours**
 - ☐ **Pizza was donated by Andy's Pizza and the gift cards were also donated from River Inn, Holiday Gas and Coborn's**
 - ☐ **Kathy, 6/19, Bingo – 6 people attended (Kathy will send in her report)**
 - **Upcoming**
 - ☐ **Kathy, TBD, Bingo for July and August – July 18th and August 22nd at 3 pm**
 - ☐ **Julie, 7/21 6:30, Ice Cream Social, What's the Scoop – 6:30 – 7:30 pm**
 - ☐ **Everyone will buy their own – bring a chair**



Ideas

- ☐ Evening Walks
- ☐ Wine Pairings (Jan is checking into)
- ☐ Flower arranging (Jan is checking into)
- ☐ Tea Party (Jan is checking into)
- ☐ Scavenger hunt – Chris wants to hold it the week of 8/22 – 8/28 – Membership Week – more details to follow
 - ☐ Jan will assist
- ☐ Abundant Kitchen cooking class (\$699 per class, up to 12 people, so final cost is determined by # of people signing up)
- ☐ Love That Olive
- ☐ Other ideas???
- ☐ go to the movie “Queen Bees” - Julie will send out an invite by email

- Email address change – Michelle S - mmskrypec@gmail.com – it is on the last roster



- Programming VP – Sherri
- At June meeting we brainstormed ideas for service projects and socials. Ideas will be in the newsletter. Looking for chairpersons to take an idea and run with it.

- Senior citizen project – Jan Cera and Sandi Winnen

- Living and Learning- Robin

- Book Club (Julie)

- ☐ Recap: 6/22 *The Four Winds* by Kristin Hannah
- ☐ Upcoming:
 - ☐ 7/27 *Midnight Library* by Matt Haig
 - ☐ 8/24 *The Extraordinary Life of Sam Hell* by Robert Dugoni

- Women’s Wellness - Kimberly

- Recap: Send Sherri example of mindfulness
- Upcoming: Zoom Stretching Class

- Community Connections – Cindy

- Recap:

- ☐ Jan, Albertville Friendly City Days booth
 - ☐ 4 Members attended (2 more were on the Committee), \$383.18 spent and 22 Service Hours
 - ☐ 31 people stopped at booth and filled out a raffle drawing
- ☐ Jan, Albertville Sings

- ☐ 5 Members attended (1 more was on the Committee), \$0 spent and 50 Service Hours
 - ☐ Various people were in the audience
 - ☐ 2 Contestants that will go on to Finals
- ☐ Kathy, Hamel Rodeo
 - ☐ 10 Members volunteered – they will be receiving a dinner Invite from Hamel Rodeo
 - ☐ There were a few glitches this year and we will be addressed before next year
- ☐ Upcoming:
 - ☐ Kathy/Sherri, 8/3, National Night Out – this will be held at Kathy's house – details to follow
 - ☐ 8/13-14 Booth at St. Michael Daze & Nights – Sherri will chair and Lisabet will assist
 - ☐ 8/14 Color Run, throwing color at runners
 - ☐ Highway Cleanup, chairperson needed – Cheri Zajac
- Priority Area-Crescent Cove – Joanna
 - Lucky Bucks basket – winner – Cindy McCarty
 - ☐ \$52 raised
- Youth of Today- Sherri S
 - Recap: Rock Painting (Sherri) Sunday April 25 – 1 Gift Card handed out
 - ☐ Sherri to plan another rock painting possibly at the Albertville Farmer's Market
 - Upcoming:
 - ☐ 7/16 FYCC Penny Carnival, chair needed 10 – 12 noon – Cindy McCarty will Chair
 - ☐ Julie will donate 2 Gift Cards for the event
 - ☐ Kids' Week in August, chair needed
- Newsletter-Kris G
 - Articles and pictures to be submitted by July 18
 - ☐ Send in info about your favorite Project chaired
 - Give her a book review, favorite recipes, etc.
- R & R – Bobbie
 - Putting project summaries on Google Drive for easy access by all members
- President – Julie and Kathy
 - Basket giveaway – Winner - Sara Caron

Thank you to everyone who is here tonight.

Serves You Right- Chris

\$8.00 collected – Brenda Bauman's name was chosen – she was not present – money will roll over

Lucky Buck Basket – for Domestic Awareness - \$52 raised – Winner – Kris Goodin

Barb Berndtson – Monticello WT gave a presentation on Domestic Violence Awareness

Money/Gift Cards donated by our Chapter:

\$52 from Lucky Buck drawing

\$100 donated by Kathy Hansen

\$100 in Gift Cards from our Chapter

Total - \$252 donated

Rachelle Mueller – District Director – gave an overview of her new role

Good and Welfare:

Julie Davis is having eye surgery on Thursday, July 15 – we wish her the best

Kathy Hansen is having her 2nd knee replacement later this month – Best of luck

Sherri Streff is having carpal tunnel surgery at the end of the month – quick recovery

It was nice to have Gretchen Pearce visit us during her vacation – she is driving back to Texas on Thursday – safe travels

US Women of Today Creed – Robin Johnson

We, The United State 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 @ 8:43 pm

**For the next newsletter send me a list of your favorite projects you have chaired while you have been a member and why. Send to me while your reading this.
Thanks, Kris**