ST. MICHAEL-ALBERTVILLE WOMEN OF TODAY

MAY 2016 NEWSLETTER

President’s Letter – Nancy & Candi

# Welcome to the 2016- 2017 STMA Women of Today year. We are glad you are here! We are looking forward to a year full of great opportunities for all of us.

As a team we can do many rewarding things together. Let's go out & make a difference!

We found the following on the web, my favorite is #1:

# Community Service: Top 10 Reasons to Volunteer

### #10: It's good for you.

Volunteering provides physical and mental rewards. It:

* **Reduces stress:** Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
* **Makes you healthier:** Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

### #9: It saves resources.

Volunteering provides valuable community services so more money can be spent on local improvements.

* The estimated value of a volunteer's time is $15.39 per hour.

### #8: Volunteers gain professional experience.

You can test out a career.

### #7: It brings people together.

As a volunteer you assist in:

* Uniting people from diverse backgrounds to work toward a common goal
* Building camaraderie and teamwork

### #6: It promotes personal growth and self-esteem.

Understanding community needs helps foster empathy and self-efficacy.

### #5: Volunteering strengthens your community.

As a volunteer you help:

* Support families
* Improve schools
* Support youth
* Beautify the community

### #4: You learn a lot.

Volunteers learn things like these:

* **Self:** Volunteers discover hidden talents that may change your view on your self-worth.
* **Government:** Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.
* **Community:** Volunteers gain knowledge of local resources available to solve community needs.

### #3: You get a chance to give back.

People like to support community resources that they use themselves or that benefit people they care about.

### #2: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

### #1: You make a difference.

Every person counts!

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Cheers – Nancy & Candi

ST. MICHAEL-ALBERTVILLE

 WOMEN OF TODAY

General Meeting Agenda

May 10, 2016

Call to Order 7:02

Pledge of Allegiance

Introduction/Guest –Rebecca Reynolds and Kay LaMaie, Marnette

A quorum was established by Bobbi with 15 members, 3 board members.

Present at the meeting: Abbi Baker, Julie Davis, Bobbi Fehrmann, Kris Goodwin, Carol Gore, Lori Goutermont, Lisa Haines, Kathy Hansen, Kathy Kessler, Christine Konz, Susie Lish, Michelle Skrypec, Nancy Thompson, Patti Weber, Pauline Meyer were in attendance.

**Old Business/Recaps**

 District 6 Paint night 4/29 Lori-4 STMA members, 2 from Champlin, and 2 guest - Sandy Estey hosted at her home in St. Michael. Wendy district director brought snacks and Lori made cupcakes. The cost per member was $30. $0 was spent, $0 were raised. 28 total hours

 MOD walk 4/30 Pauline-Report date 5/4/16. Chapter donated $250. 2 Members + 2 guest. 3 total service hours. 8:00-9:30 on March 30th at Mall of America.

**Officers Reports**

**Past President/Parli-Bobbi**

 Year End Awards-Nancy- Still two to be picked up

 Scholarship Awards Night May 25 6:30pm HS PAC

**Secretary-Christine**

May birthdays- Jill (1)

Approval of the April General Meeting Minutes- Minutes were approved

Written Reports Copy to secretary for minutes and one copy to LPM.

Christine requested reports if possible to be emailed and brought to meetings.

 **Treasurer-Pauline/Candi**

* Financial Report: Checking:$271.47\_\_\_\_Savings:\_\_$10,738.33\_\_\_
* Proposed 2017-2017 Budget will vote on at June General meeting
* Audit Committee: Year End Audit 2015-2016 to report by July General meeting. If not sooner.
* 2016-2017 Audit Committee; incoming board, outgoing board, 1 general member.

Audit committee consist of Pauline, Kathy & Kelly. Seeking volunteers for next year’s audit committee. Carol incoming board member, Julie outgoing board member, Michelle general member

Pauline will create basic booking audit form

**External VP-Abbi**

* LPM training date is May 24- Held at Financial Security Bank 7:00 pm – 8:30ish pm. All internal & external LPMs welcome
* NEED CHAIR for Youth of Today -
* National Night out: Aug 2- NEED CHAIR

Community Connections: Julie Davis

 Family Night out- Adopt a family – Pending info.

* Hamel Rodeo July 7 Kelly 4:30pm see sign-up sheet or contact Kelly if interested – Meal is included for volunteers. – Seeking 6-8 WOT volunteers
* Senior Citizen Event for 1st trimester-Patti volunteered to chair senior citizen event for 1st trimester. Examples of events could include card making/bingo/ cooking baking/ any ideas. Last year’s idea was planted flowers. More information to follow.
* Highway clean up –Pauline 5/21 9:00am Seeking volunteers. All volunteers will meet at Marketplace in St. Michael parking lot. Julie may be able to provide high school volunteers.
* FYCC Open streets (bike rodeo) Julie 5/14 10-2pm Lisabet will be at tent – Reflectors will be handed out
* AFCD- car crash 6/11 Julie Drunk driving goggles station. Need two shifts of volunteers 10-1 & 1-4
* PDC Olympics Oct 22-Marnette volunteered to chair. More info to follow.

 Youth of Today – Need chair

* Elementary Track & Field events –Nancy. Candi, Nancy, and Kathy will be handing out ribbons at the elementary schools track and field events.
* Back to School Bingo – Abbi- Aug 12 6:00 pm-8:00 pm. More information to follow. Planning and volunteer opportunities will be available.

Priority Area-Breaking Free-Patti Weber Will be utilizing old CIPs for ideas

**Internal VP-OPEN**

Newsletter – Michelle has agreed to be our newsletter chair. All newsletter information must be turned in by the Friday following the meeting. The newsletter will be presented the following Friday.

Women’s Wellness/Living & Learning-Lori Goutermont

Lori handed our certification for Women’s Wellness.

* Lori- Will incorporate ideas into newsletter. 52 small changes for the Mind READ & IMPLEMENT BOOK –
* If you want to participate in the food taste testing fundraiser- $10 per person. Visit. WWW.FPITESTERS.COM

Living & Learning report- Carol –March- Went to the State website and downloaded the Personal Development certification and the Health and Wellness certification. Carol emailed to everyone these certifications and asked them to return at the March general meeting. During the meeting we allowed five minutes for those who wanted to finish their certifications. There were a total of eight Personal Development certifications completed and 12 Health and Wellness certifications. These were mailed to Melisa Redzuan the state LPM for Living and Learning. She will forward to US LPM.

Ways & Means-Lisabet Thomas

* Coburns Dairy Days 6/7 Julie will chair 4-7:45 pm sign up at GM
* Coburns Customer April days 7/19 Marnette will chair 4-7:45 pm sign up at GM
* Food Perspectives –Lori
* Craft show signs-Nancy Lisabet 36 double sides 24x18 signs $318 ($8.83) with upgrades stake - Johns quote $432 (12 each) – Utilizing Lisabet company
* Craft show-Spring meeting-Candi - Next meeting 6/2 6pm location TBA Will continue meeting this year & also seeking alternative to changing structure of Spring Craft Fair to better the event. Not able to cancel the event this year. Discussion of how to replace funds. Potential joining Lions with gambling license. Increase price and add vendor availability.

Public Relations/Social Media-Angela

Need pictures from new board and LPM’s for website

 Advertising committee next meeting Dunn bros. May 22, 5pm Sunday evening

Records And Recognition- A summary of all projects should be turned into Nancy for the file as soon as project is complete.

**Membership VP-Carol**

Membership VP Report General Meeting May 10, 2016

1. Senior Center Expo 5/19/2016 from 9 am to 1 pm. Kathy will work table.
2. Membership renewal – there are seven members up for renewal in the first trimester. Carol will contact these members to see if they will be renewing.
3. There were six prospective members who have shown an interest in our chapter. Carol has contacted each prospect and have heard from a few.
4. Proposed calendar shows two M-events and two socials for the first trimester. Suggestions have been Segway Tour, dry mix self-defense. Do you have any other ideas? Is anyone interested in hosted one of these events?
5. The updated roster is at the front table. Please note we have added a new column which wants to know how you would like to be notified: text, email, or phone call with a voice mail message. Please complete this and let Carol know.
6. Serves You Right – Gretchen was the winner- Not present
7. Founder’s Day – July 1. Need a chair for this event.

**Kris- District meeting. No members were able to attend. Still looking for district board. Please let Kris know if interested.**

**State Delegate-Kathy/Lisa**

* PALS- Kathy will be reaching out to Maple Grove
* MNWT Annual May 20-22 Mankato – Lisabet, Kathy, & Chris attending
* Nat’l convention June 9-12 Lincoln NE Kathy will attend
* District Orientation-tbt
* Day at Diamond Sept 11. Info to follow at next GM
* Kathy & Lisa will be visiting the entire district. Info with days visiting and location will be posted at each GM

**President-Nancy/Candi**

* 2016-2017 Proposed Calendar Will be in Newsletter and voted on at June GM

***Italics*** on calendar represents an emphasis on that particular month. LPM are encouraged to share why that category is important to WOT

Good and Welfare – Kathy’s granddaughter is doing well and growing, Julie will be leaving for Australia in June, Nancy’s husband will return this month

Marnette and Kay were inducted as members by Nancy.

Adjourn 8:29 PM

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| --- | --- | --- | --- | --- | --- |
|  ST. MICHAEL - ALBERTVILLE WOMEN OF TODAY |   |   |   |   |   |
|  2016 - 2017 PROPOSED BUDGET |   |   |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| INCOME | **2015-16** | **2016-17** |   |   |   |
| Balance Forward 2015-16 |  11,500.00  | 10,500.00 |   |   |   |
| Fall Craft Boutique est. |  17,000.00  | 17,000.00 |   |   |   |
| Spring Craft Boutique est. |  6,000.00  | 6,000.00 |   |   |   |
| Food Perspectives  |  100.00  | 0.00 |   | INTERNAL |   |
| Additional Income (Coborns) |  400.00  | 400.00 |   | 11,300.00 |   |
|   |  **35,000.00**  | 33,900.00 |   |   |   |
|   |   |   |   | EXTERNAL |   |
| INTERNAL EXPENSES |   |   |   | 22,600.00 |   |
| Chapter Expenses |   |   |   |   |   |
| Albertville/STM City Hall (usage fee + key) |  120.00  | 110.00 |   |   |   |
| Chapter Banner |  40.00  | 40.00 |   |   |   |
| Chapter Manual, Brochures, Copies |  300.00  | 150.00 |   |   |   |
| CIP's (Pres/PVPx1/State Delegate) |  35.00  | 36.00 |   |   |   |
| District Dues |  100.00  | 100.00 |   |   |   |
| I94 West Chamber Membership |  300.00  | 300.00 |   |   |   |
| Insurance and Storage Shed |  225.00  | 260.00 |   |   |   |
| LOTS 2016 (8 x $14) |  112.00  | 120.00 |   |   |   |
| Mileage ($.25 per mile) |  200.00  | 200.00 |   |   |   |
| New Member Name Tags (12 x $10) |  120.00  | 120.00 |   |   |   |
| PALS (3 x $50) |  150.00  | 120.00 |   |   |   |
| Past President Pin |  6.00  | 0.00 |   |   |   |
| Post Office Box Rent (x 2) |  110.00  | 110.00 |   |   |   |
| Storage Shed Rent |  720.00  | 720.00 |   |   |   |
| Voice Mail |  150.00  | 150.00 |   |   |   |
| Website Host |  50.00  | 50.00 |   |   |   |
| Officer Budgets |   |  |   |   |   |
| External Programming Vice President |  150.00  | 120.00 |   |   |   |
| Internal Programming Vice President |  150.00  | 120.00 |   |   |   |
| LPM's (8 x $30) |  300.00  | 240.00 |   |   |   |
| Membership Vice President |  300.00  | 240.00 |   |   |   |
| President |  400.00  | 400.00 |   |   |   |
| Secretary |  200.00  | 200.00 |   |   |   |
| State Delegate |  200.00  | 200.00 |   |   |   |
| Treasurer |  150.00  | 150.00 |   |   |   |
| Internal Programming |   |   |   |   |   |
| Holiday Party |  400.00  | 300.00 |   |   |   |
| Membership M-Events (6 x $75) |  450.00  | 450.00 |   |   |   |
| Membership Socials (6 x $75) |  450.00  | 450.00 |   |   |   |
| Speaker Fund (3 x $25) |  75.00  | 75.00 |   |   |   |
| District/State Events |   |   |   |   |   |
| First Timers Registration |  500.00  | 450.00 |   |   |   |
| Hotel (3 conventions x $300) |  900.00  | 900.00 |   |   |   |
| Non-First Timers Registration |  600.00  | 500.00 |   |   |   |
| President/State Delegate Retreat |  160.00  | 160.00 |   |   |   |
| Registrations (President/State Delegate-Conventions) |  540.00  | 540.00 |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| Gifts and Incentives |   |   |   |   |   |
| Birthday and Christmas for President |  100.00  | 100.00 |   |   |   |
| Member Renewal Discount (37 x $10) |  370.00  | 370.00 |   |   |   |
| New Member Discount (10 x $10.00) |  120.00  | 100.00 |   |   |   |
| Shirts (37 x $10 towards purchase) |  370.00  | 370.00 |   |   |   |
| State Plan of Action Donation |  100.00  | 100.00 |   |   |   |
| State President Year End Gift |  10.00  | 10.00 |   |   |   |
| State Ways & Means Donation (3 x $200) |  600.00  | 600.00 |   |   |   |
| Year End Awards |  400.00  | 400.00 |   |   |   |
| Year End Banquet Member Incentive (40 X $10) |  400.00  | 400.00 |   |   |   |
| Year End for Chapter President |  50.00  | 50.00 |   |   |   |
| Year End for District Director |  50.00  | 50.00 |   |   |   |
| Miscellaneous |  312.00  | 669.00 |   |   |   |
| Total Internal Expenses |  11,545.00  |  11,300.00  |   |   |   |
|   |   |   |   |   |   |
|   |   |   |   |   |   |
| EXTERNAL EXPENSES |   |   |   |   |   |
| Adopt-A-Family ($100 family/$50 caregiver/10 mo) |  1,500.00  | 1,500.00 |   |   |   |
| Albertville Friendly City Days  |  400.00  | 400.00 |   |   |   |
| Highway Clean Up (2 per year) |  40.00  | 40.00 |   |   |   |
| Middle School Event (2 x $500) |  1,000.00  | 1,000.00 |   |   |   |
| PDC Olympics |  1,250.00  | 1,250.00 |   |   |   |
| Primary/Elementary School Donations (4 x $250) |  1,000.00  | 1,000.00 |   |   |   |
| Primary/Elementary School Ribbon Project (4 x $200) |  800.00  | 800.00 |   |   |   |
| Senior Citizen Events (3 x $100) |  300.00  | 300.00 |   |   |   |
| Senior Graduation Party Donation |  300.00  | 300.00 |   |   |   |
| Senior High Event |  700.00  | 700.00 |   |   |   |
| Senior Scholarships (4 x $500) |  2,000.00  | 2,000.00 |   |   |   |
| St. Michael Catholic School |  250.00  | 250.00 |   |   |   |
| St. Michael Catholic School, Bids for kids |  250.00  | 250.00 |   |   |   |
| Year End Donations |  2,200.00  | 2,200.00 |   |   |   |
| Support for WT State/National Programming |   |   |   |   |   |
| Buckets of Sunshine  |  150.00  | 150.00 |   |   |   |
| Priority Project (3 yr - Breaking Free) |  150.00  | 150.00 |   |   |   |
| MNWT Foundation Donation (3 x $100) |  300.00  | 300.00 |   |   |   |
| MNWT Outstanding Awards (impact, pdc, etc.) |  200.00  | 150.00 |   |   |   |
|   |   |   |   |   |   |
| Miscellaneous |  10,665.00  | 9,860.00 |   |   |   |
| Total External Expenses |  23,455.00  | 12,740.00 |   |   |   |
|   |   | **22,600.00** |   |   |   |
|   |   |   |   |   |   |
| Internal Expenses |  11,545.00  | **11,300.00** |   |   |   |
| External Expenses |  23,455.00  | **22,600.00** |   |   |   |
| Total Expenses |  **35,000.00**  | **33,900.00** |   |   |   |
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**ST. MICHAEL – ALBERTVILLE WOMEN OF TODAY**

**Calendar for 2016-2017 *PROPOSED***

|  |  |  |
| --- | --- | --- |
| **1st TRIMESTER****May – August****MAY 2016***Website*April 30-LOTS-Rice3 - Board Meeting6 - Track & Field Day (Primary)10 - General Meeting 14 - FYCC-Open Streets -St.M20- Fitness Frenzy (STME)20 - Fun in the Sun (FE)20-22 Annual Convention25 - Senior Scholarship Prest. LPM TrainingHighway Clean up**JUNE 2016***Chapter Management*3 - Big Woods Blitz (BW)7 - Board Meeting7 – Coburn’s Dairy Days14 - General Meeting11 - AFCD- Crash car9-12 - Nat’l Conv. - Lincoln NEDistrict Orientation and/or Mtg. **JULY 2016***Community Connections* *True Friends**Public Relations*5 – Board Meeting7 - Hamel Rodeo12 - General Meeting19 – Coborn’s Cust. AppreciationFounder’s Day**AUGUST 2016***Ways and Means**Youth of Today*2 – Board Meeting2 - National Night Out9 – General Meeting12-13 - STM Daze & Knights12 - Back to School Bingo Senior Citizen EventM-Events (2)Socials (2)CertificationsSpring Craft Comm. Mtg.In-Chapter Financial AuditAdvertising Subcommittee Mtg.New Member Orientation | **2nd TRIMESTER****September – December****SEPTEMBER 2016***Community Connections**Public Relations**Women of Today Week**Membership*6 – Board Meeting10- FYCC Open St.- Albertville 11 -Day at Diamond Target Field13 – General MeetingDistrict MeetingFall State Conv.18-24 - Women of Today Week Schools Event Donations (8)**OCTOBER 2016***Records & Recognition*4 – Board Meeting11 – General Meeting- Pres./SD RetreatCertification NightMake A Difference Day22 ? -PDC OlympicsHighway Clean upIn Chpt. Mid Year Eval.**NOVEMBER 2016***Women’s Wellness*1 – Board Meeting9 – General Meeting18 – Fall Craft Set Up19 – Fall Craft Show**DECEMBER 2016**6 – Board MeetingHoliday PartyHoliday- Adopt a FamilySenior Citizen EventM-Events (2)Socials (2)CertificationsSpring Craft Comm. Mtg.In-Chapter Financial AuditAdvertising Subcommittee Mtg.New Member Orientation | **3rd TRIMESTER****January – April****JANUARY 2017***Living and Learning*3 – Board Meeting10 – General MeetingDistrict MeetingWinter State ConventionBylaw/Policy Review**FEBRUARY 2017***Newslet**Extensions*7 – Board Meeting14 – General MeetingSenior ScholarshipsSenior Grad Party Donation**MARCH 2017***Membership*7 – Board Meeting14 – General Meeting17 – Spring/Business Expo Set Up18 – Spring/Business Expo ShowYear end donations**APRIL 2017***Volunteer Recognition*4 – Board Meeting11 – General Meeting23-29 - Volunteer WeekYear End BanquetSenior Citizen EventM-Events (2)Socials (2)CertificationsSpring Craft Comm. Mtg.In-Chapter Financial AuditAdvertising Subcommittee Mtg.New Member orientation  |

 **Earn money for yourself *AND* our organization!**

FPI Testers by Food Perspectives is a consumer testing company based here in the Twin Cities. They have an effective and easy fundraising opportunity for local non-profits like ours. Kids and adults who are signed up to test with FPI can designate a fundraising organization and choose to give a portion ($10) of their participation payment or ALL of their participation payment to that organization. So simple and a lot of fun!

Signing up is easy! – Just go to [www.fpitesters.com](http://www.fpitesters.com/) and click “JOIN” and complete the sign up form.

Make sure to pick STMA Women of Today as your fundraising organization and choose how much you wish to give. Once you are signed up, you may also sign up your kids. Kids receive participation payments and can fundraise too! (FPI never contacts kids directly. All recruiting and scheduling is done through the parent.)

Being a taste tester is fun! You get to try new products and share your opinions. FPI will contact you by email when a test becomes available. For each potential test, you’ll answer some questions online about your shopping habits. If you qualify for a test, you will then be scheduled for a specific date and time session. Driving directions will be provided and FPI provides a customer care line. Find out more about the testing experience at

[www.fpitesters.com](http://www.fpitesters.com/)

 **JOIN** at www.fpitesters.com

 **CHOOSE** STMA Women of Today

 as your fundraising organization

**TEST**

**EARN** $ for yourself *and* our organization

*FPI primarily tests food products. Those with food allergies will not have many opportunities to test. Customer Care: 763-354-2776 Monday – Friday 9am – 9pm and Saturday 9am – 5pm*

Here is an interesting article submitted by Lisa Haines on Women’s Wellness:

**Reduce Body Aches and Joint Pain by Eliminating Inflammatory Foods from Your Diet**

Joint pain and body aches from osteoarthritis, rheumatoid arthritis, and other ailments can become magnified by foods that cause inflammation in your body. In some cases, arthritic conditions and other diseases such as diabetes, asthma, cardiovascular disease, and cancer can be linked to chronic inflammation.

Chronic inflammation is a long-term condition that can last for months and even years and is characterized by a slow onset and a prolonged presence due to the body’s inability to overcome the constant influx of toxic food. The resulting inflammation releases destructive molecules known as C-reactive proteins (CRPs) and cytokines, which set in motion chemical reactions that can result in maladies like diabetes, Alzheimer’s disease, and depression. It can be reduced by altering your diet to replace processed oils and fast food with healthy options.

“The Toil of Oil”
Partially hydrogenated oils contain high concentrations of omega-6 saturated fats. These fats cause inflammation and are found in common fare like potato chips, most fried foods, pizza, and grain-based pastries. Additionally, the saturated fats present in full-fat dairy products like milk and cheese, and in high-fat portions of meat are also inflammatory. Although a moderate degree of omega-6 is necessary for normal brain function, you should make an effort to balance out your diet by using olive oil and coconut oil for preparing food. Another delicious alternative is butter from grass-fed cattle. These options are rich in omega-3 fatty acids, which have been shown to reduce inflammation.

“Slow It Down”
Nearly all fast food is full of partially hydrogenated oils and processed sugar, grain, meat, cheese, and vegetables. Your body is not designed to break down jelly rolls, donuts and deep fried chicken into usable nutrients, and when it attempts to do so, the stress causes inflammation, which intensifies arthritic conditions. The result is unnecessary suffering from inflammation-based pain, as well as the agitation of other conditions, such as heart disease, creating further difficulty for the 75 million Americans who suffer from the disease. Instead of fast food, choose raw foods like avocados, walnuts, celery, cucumbers, cherries, strawberries, pineapple, apples, and papaya. Choosing fish, yogurt and vegetables as alternate sources of protein can also eliminate inflammation caused by grain and corn-fed livestock.

If you introduce these dietary changes into your routine gradually and stick to them, you can drastically reduce joint pain caused by inflammation. This deliberate change in diet, coupled with proactive orthopedic care, is an excellent strategy for improving your quality of life.

**May Observances & Fun May Observances & Fun Facts**

May 2016 is observed as: National Bike Month

* [National Physical Fitness and Sports](https://www.whitehouse.gov/the-press-office/2016/04/27/presidential-proclamation-national-physical-fitness-and-sports-month)
* [National Mental Health Awareness](https://www.whitehouse.gov/the-press-office/2016/04/28/presidential-proclamation-national-mental-health-awareness-month-2016)
* Lupus Awareness month
* [National Foster Care Month](https://www.whitehouse.gov/the-press-office/2016/04/28/presidential-proclamation-national-foster-care-month-2016)
* [Jewish American Heritage Month](https://www.whitehouse.gov/the-press-office/2016/04/28/presidential-proclamation-jewish-american-heritage-month-2016)
* [National Building Safety Month](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-national-building-safety-month-2016)
* [Asian American and Pacific Islander Heritage](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-asian-american-and-pacific-islander-heritage)
* [Older Americans Month](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-older-americans-month-2016)
* [Lyme Disease Awareness Month](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6416a7.htm)

Birthstone: Emerald

Fruit & Vegies for the Month of May: Mangos, Limes, Potatoes
May Flower:  Lily of the Valley & Hawthorn

Astrological Signs: Taurus (till 20th) & Gemini (21st →)

Other Notable May Dates & Events:

* May 1: [Law Day, U.S.A.](https://www.whitehouse.gov/the-press-office/2016/04/27/presidential-proclamation-law-day-usa-2016)
* May 1-7: [National Charter Schools Week](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-national-charter-schools-week-2016)
* May 1-7: [National Small Business Week](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-national-small-business-week-2016)
* May 1-7: [Public Service Recognition Week](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-public-service-recognition-week-2016)
* May 3: [National Teacher Appreciation Day and National Teacher Appreciation Week](https://www.whitehouse.gov/the-press-office/2016/04/29/presidential-proclamation-national-teacher-appreciation-day-and-national)
* May 5: [National Day of Prayer](https://www.whitehouse.gov/the-press-office/2016/05/04/presidential-proclamation-national-day-prayer-2016)
* May 6: [Military Spouse Appreciation](https://www.whitehouse.gov/the-press-office/2016/05/05/presidential-proclamation-military-spouse-appreciation-day-2016)
* May 8: [Mother's Day](https://www.whitehouse.gov/the-press-office/2016/05/06/presidential-proclamation-mothers-day-2016)
* May 8-14: [National Women's Health Week](https://www.whitehouse.gov/the-press-office/2016/05/06/presidential-proclamation-national-womens-health-week-2016)
* May 15-21: [Emergency Medical Services Week](https://www.whitehouse.gov/the-press-office/2016/05/13/presidential-proclamation-emergency-medical-services-week-2016)
* May 15-21: [National Hurricane Preparedness Week](https://www.whitehouse.gov/the-press-office/2016/05/13/presidential-proclamation-national-hurricane-preparedness-week-2016)
* May 15-21: [World Trade Week](https://www.whitehouse.gov/the-press-office/2016/05/13/presidential-proclamation-world-trade-week-2016)
* May 19: [National Hepatitis Testing Day](https://www.whitehouse.gov/the-press-office/2016/05/18/presidential-proclamation-national-hepatitis-testing-day-2016)
* May 20: [National Defense Transportation Day and National Transportation Week](https://www.whitehouse.gov/the-press-office/2016/05/13/presidential-proclamation-national-defense-transportation-day-and)
* May 21-27: [National Safe Boating Week](https://www.whitehouse.gov/the-press-office/2016/05/20/presidential-proclamation-national-safe-boating-week-2016)
* May 22: [National Maritime Day](https://www.whitehouse.gov/the-press-office/2016/05/20/presidential-proclamation-national-maritime-day-2016)

Quote: “On Memorial Day, I don't want to only remember the combatants. There were also those who came out of the trenches as writers and poets, who started preaching peace, men and women who have made this world a kinder place to live.” - Eric Burdon

**“TIDBITS”**

Welcome back Marnette! – Lori

Kay-Welcome to Women of Today! – Lori

To the new board-Great meeting last night! Looking forward to another great year! – Lori