

Maple Grove Women of Today

Volume 2, Issue 4

October 2009

Events of Interest:

- **Oct. 19 General Membership Meeting, 7 p.m. MG Community Center**
- **Oct. 29 Fall Festival District 11 Meeting 6:15 p.m., Waconia**
- **Nov. 3 Book Club, 7 p.m. Barnes & Noble, MG**
- **Nov. 7 ARC Merry Thriftmas Event 9 a.m.—noon**

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Angie Frassel Receives Volunteer of the Year Award

Angie Frassel was recently awarded the United States Army Civil Affairs and Psychological Operations Command (USACAPOC) Family Readiness Volunteer of the Year Award at an event in San Francisco and one in Minneapolis. Angie is the leader of the Family Readiness Program within the 13th Psychological Operations Battalion, beginning her volunteer service in 2006. Her dedication to the family members of this unit has been unparalleled and her consummate belief in the importance of the Family Readiness Program shines through in all that she does. Angie has logged over 500 hours of volunteer service in the past two and one-half years. She has selflessly supported hundreds of family members from 10 different states through four separate GWOT deployments in the past three years as well as training exercise in Korea, Germany, Italy, Sweden, and the UK.



As a stay-at-home mother of three young children, caretaker of her sick father, and FRG Leader of a unit already deployed, Angie has become a master multi-tasker especially during the periods when her husband has been deployed. Over the course of the past two years, Angie has planned, coordinated, and executed several major Family Readiness Group events, including two send-off parties and four welcome home parties. Additionally, she planned and hosted monthly events for the family members of deployed soldiers, often in her own home.

Angie's intense leadership style is driven by her compassion and dedication to the family members that she serves. In a strictly Reserve community, where the nearest Active Duty base is over 500 miles away, Angie is the primary point of contact for hundreds of family members encountering issues facing deployment, life as a new Army spouse or parent, or dealing with the complexities of Reserve life itself. Angie has become known for her commitment to mentorship of those new to

the Army community and her innovation when it comes to helping family members resolve the seemingly unavoidable events that arise when Soldiers deploy. Her knowledge of Army regulations and her ties to the local VFW and American Legion have enabled her to support family members through instances such as threatened eviction, severe storm damage, and the emergency need to replace major household appliances by providing contact information of the appropriate military or community resource to the family members of deployed soldiers.



Source: Nomination submitted by Chantelle Mackenzie, Family Readiness Liaison

Women of Today collect books and blankets.



Shriners Hospitals
for Children™

MN Women of Today Buckets of Sunshine Statewide

The Shriners Hospitals for Children – Twin Cities is a children's hospital providing high quality pediatric orthopedic care. Since 1923 they have provided high quality care at no charge to over 25,000 patients. The hospital is designed for the special needs of children with orthopedic conditions and offers privacy and comfort to patients and their families. The Women of Today are focusing on collecting items in three areas: books, fleece tied blankets and teens. Pre-teens and teens are often overlooked when it comes to items donated. As it is the 60th anniversary of the Women of Today, the goal is to raise over \$6000 in donations. The collection celebration will take place at Winter State Convention in St. Louis Park. Items requested include:

New Books for ages 8-18

Fleece Tied Blankets ages 8-18

Items for Teens ages 13-18 (ideas: electronic games, ipod shuffles, sports apparel such as ball caps and shirts, games, DVDs etc.)

Let's start collecting now.

MN Women of Today Marketing and Future Directions

Marketing Committee Winter Meeting December 5, 1 p.m. Billy's Bar & Grill, Anoka

Joanna Takes, a former member of Maple Grove Women of Today and member of the Eden Prairie chapter is the Minnesota Women of Today Marketing Chair. She says that one of the most important stories you can tell is the story of your involvement with the Women of Today. When Joanna moved to Eden Prairie, she kept commuting to the Maple Grove meetings until she was lucky enough to help charter the Eden Prairie Women of Today in 2003.



What is Future Directions?

Future Directions is a committee that helps shape the future of our organization. They discuss ideas and encourage discussion and brainstorm solutions. Often other committees such as Membership Management, Marketing, etc. will bring ideas to the FD committee for discussion. Future Directions meets three times per year. Anyone is invited to attend meetings or to get involved with one of the many subcommittees. The next meeting is January 9, 2010 at 2 p.m., location to be determined.

District 11 Festive Fall Meeting October 29

Waconia Area Women of Today host the next District 11 meeting. Bring a piece of jewelry or two for the jewelry exchange.

Date: Thursday October 29

Time: 6:15 p.m. Dinner

6:30 p.m. Speaker

7:00 p.m. Meeting

Cost: \$8 Italian dinner and meeting

\$1 Meeting only

(Lucky Buck Baskets & \$2 Jewelry Exchange)

Location: Waconia Moravian Church

209 E 2nd Street

Waconia, MN



MN & US Women of Today Volunteer Opportunities

Used Book Sale

At Winter State Convention (January 29-31, 2010), a used book sale will be held to raise money for the First Book Organization www.firstbook.org. Donations are being accepted and they can be books for kids, teens, or adults. Even some magazines such as National Geographic, would be accepted. All items should be in good condition. All books will be sold for \$1 each and remaining books will be donated to appropriate organizations. Stacy Pearson, the MN WOT Youth of Today State Program Manager's goal is to raise \$5000 toward literacy programs including First Book. Local chapters can donate money to their local school library, donate books to a local women's and children's shelter, send a monetary donation to First Book or another organization, or anything else that helps get books in the hands of our youth.



Make a Difference Day, October 24

Make a Difference Day has a simple mission: Put our cares on hold for one day to help your community. In 2008, 3 million people cared enough about their communities to volunteer on that day, accomplishing thousands of projects in hundreds of towns. Look around your community and see what needs to be done. Or go online to makeadifferenceday.com. Every chapter and district with a registered project will receive a prize and recognition from Lisa Stordahl, Community Connections State Program Manager.

National Coalition Against Domestic Violence

The US Women of Today Priority Project is the National Coalition Against Domestic Violence. Domestic Violence Awareness month is October. Used clothing or used cell phones can be donated to a Minnesota Council of Battered Women shelter.

Peanut Butter Eyeballs (source: Roundy's Boo-tacular Bites & Spooky Snacks)

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|---|-------------------|
| 3/4 cup Peanut Butter | 1 large egg |
| 1/4 cup shortening | 1 tsp vanilla |
| 1/4 cup butter | 1 tsp baking soda |
| 1/3 cup granulated sugar | 1/2 tsp salt |
| 1/3 cup packed brown sugar | 1 1/2 cup flour |
| 1 cup vanilla icing | |
| Malted milk balls or candied coated peanuts | |
| Red decorator frosting in tubes | |



Heat oven to 375F. In large mixing bowl, combine peanut butter, shortening and butter. Add sugars and beat until fluffy; stir in egg and vanilla. Combine flour, baking soda and salt; slowly add to peanut butter mixture until well mixed.

Shape dough into 1-inch balls and place on parchment paper lined cookie sheet. Using thumb, make small indent in top of cookie for eye. Bake 8-10 minutes or until light brown. Remove from cookie sheet to wire rack. Cool completely.

Fill indentation with small amount of frosting. Press malted milk ball or candied coated peanut into frosting for center of eye. Using red frosting, make squiggles around eye. Makes approx. 4 doz. Cookies.



ARC is the Aid to Retarded Citizens organization. The Value Village provides financial support for individuals who need our help. On Nov. 7, we will unpack holiday items, sort them or put them on the shelves in the store.

Oct./Nov. Birthdays

Jessica Powell
October 11

Julie Keets
November 15

Bonnie Marten
November 22

Angie Frassel
November 25



Please submit your favorite recipe for publishing in the November newsletter.

MAPLE GROVE WOMEN OF TODAY CHAPTER

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Community Collections

Angie Frassel reported on the following items collected this quarter.

35 magazines



5 boxes of books and 16 movies



8 pounds of pop tabs for Ronald McDonald

Milk caps: 76 valued at 5 cents each



27 Campbell's labels



Tasty Ways to Donate — Breast Cancer Awareness Month

This October Panara Bread features their Pink Ribbon Bagel. It's made with cherry chips, dried cherries and cranberries, vanilla, honey and brown sugar. Plus, a portion of proceeds go to benefit breast cancer charities. It's sweet in every way.



As a tribute to Amy Erickson, a beloved Caribou Coffee roastmaster who lost her battle with breast cancer in 1995 at age 33, Caribou developed a coffee called Amy's Blend. This coffee is available in October with a portion of the proceeds donated to Susan G. Komen for the Cure®.

And, 1% of your Amy's Blend Caribou Card purchases from May 5 - October 31 will be donated to Susan G. Komen for the Cure up to a maximum annual donation of \$150,000.



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Submit articles to Bonnie at
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