

## Events of Interest:

**Oct. 11 Fall Craft Show**  
Maple Grove Community Center

**Oct. 20 General Meeting, 7 p.m.**  
Maple Grove Community Center

**Oct. 21 Book Club, 7 p.m.**  
Border's Bookstore, Ridgedale

**Oct. 23 District 11 Meeting, Richfield**  
TBD

**Nov. 5 Merry Thriftmas at ARC**

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## Maple Grove Women of Today Pack 2808 Meals for Feed My Starving Children

Maple Grove Women of Today along with family and friends, fourteen in all, assembled 2808 meals at Feed My Starving Children on September 25. Those meals will feed eight children for one year. The meals are made of rice, soy protein, dehydrated vegetables, vegetarian chicken flavoring and 20 vitamins and minerals. A meal cost just 17¢ to produce and 94% of all donations go directly to the feeding program.

Founded in 1987, Feed My Starving Children is a non-profit Christian organization with a mission of "Feeding God's Starving Children Hungry in Body and Spirit." Volunteers of all ages hand-pack nutritious meals for severely malnourished children. The meals are distributed to starving children in over 55 countries around the world. You can give to Feed My Starving Children through your local United Way Campaign at work. Go to

[www.fmssc.org](http://www.fmssc.org) to view the walk in dates if you want to pack some more meals.



## "Unlocking Growth" is subject of Fall State Essay Competition

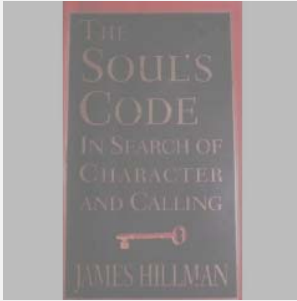
All Women of Today members are encouraged to participate in the Fall State essay competition. The topic is "Unlocking Growth" and the essay should be 600-800 words, typed and double spaced in standard type (no smaller than 10 point.)

Staple your entry in the upper left hand corner. Include a cover sheet that includes your name, address, phone number, chapter, district, and title of the essay. The entry fee is \$5, made payable to Minnesota Women of Today. Send three copies of the

essay, cover sheet and fee to:  
Shelah Heien,  
422 7<sup>th</sup> Street NW,  
Rochester, MN 55901  
postmarked by October 23.



October Book Club  
**"The Last Lecture"** by  
 Randy Pausch  
 October 21, 7 p.m.  
 Border's Café,  
 Ridgedale



## Book Club News: Soul's Code is November Selection

**Is there a code to our souls, a DNA of destiny?** The question compelled Hillman to trawl through the lives of Judy Garland, Charles Darwin, Henry Ford, Kurt Cobain, Tina Turner and many others, searching for the 'something' that drove them on and made them live how they did. His premise is, just as the giant and

majestic oak is embedded in the acorn, so a person carries inside them an active kernel of truth, or an image, waiting to be lived. The idea is not a new one - the Greeks had the word 'daimon' to describe the invisible guiding force in our lives, the Romans the 'genius'.

This wonderful book

combines psychology, philosophy and biography into a seamless, colorful whole that will probably be unlike anything you have read. It may make sense of the life you have lived thus far that no prescriptive self-help book can match.

Source: <http://www.butler-bowdon.com/soulscode.htm>

## Shop the pink shop at Herberger's

Herberger's is raising support for breast cancer early detection and intervention by awarding eight mammograms to women in the communities they serve. Stop in at the Karen Neuburger Pink Party on October 10 and 11. Enjoy pink treats and refreshments.

In addition, every time you use your Herberger's card to make a purchase, Herberger's makes a donation to breast cancer research. Plus, each purchase from the specially selected Pink Shop assortment generates an additional donation to this cause. The combined proceeds are donated to the

Masonic Cancer Center at the University of Minnesota to fund breast cancer research. Shop the pink shop and support Herberger's charge against breast cancer.



## Collect Pennies, Magazines, Pajamas – Bring to October Meeting



### Save Your Pennies

District 11 Women of Today will sponsor a district-wide penny wars to be donated to the Jacob Wetterling Foundation. Save your pennies.

### Pajama Collection

District 11 is collecting new pajamas for newborn to 18 year olds for the Buckets of Sunshine Project. Watch for a sale and pick up a pair or two.

### Civic Awareness – Angie Frassel

Don't throw out your magazines. Save them for the magazine, puzzle and book collection for troops in the VA hospital. Bring your items to the next meeting.

## Coats for Kids Collection through October 10

Pilgrim Dry Cleaner's annual coat collection drive has begun. Pilgrim is aiming to collect 10,000 "gently used" winter jackets to clean and donate to nine Twin Cities charities. The current economy has increased the need for coats. Coats can be donated at any of the 25 Pilgrim Cleaners throughout the metro area. The Maple Grove Pilgrim Cleaners is located at 13579 Grove Drive.

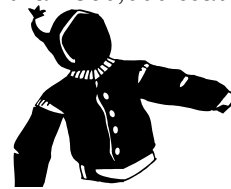
Coats will be cleaned and distributed to local charities, including Sabathani Community Center, Sharing and Caring Hands, Ronald McDonald House of the Twin Cities, Catholic Charities of St. Paul and Minneapolis, STEP, CEAP, Lutheran Social Services, Jewish Family & Children's Service of Minneapolis and Hope for the City.

If you are unable to donate new or used coats, participate by sending a cash donation to the

"Coats for Kids" fund % Pilgrim Cleaners, 3217 85<sup>th</sup> Ave N., Brooklyn Park, MN 55443.

The entire donation will go toward the purchase of new children's coats. The donations help Pilgrim Cleaners purchase coats in sizes not donated in the drive, but needed by local charities.

Collection of coats began in 1986 at the Brooklyn Park store by Don Rosen, father of current Brooklyn Park based Pilgrim Cleaners president Bonnie Engler. Since then, Pilgrim Cleaners has collected and cleaned more than 360,000 coats for kids.



### Halloween Boo-tique

Looking for a Halloween Costume? Check out the Halloween Boo-tique at Arc's Value Village through October 31<sup>st</sup>. Costumes and accessories are available at low prices and a costume consultant is available Tuesdays and Thursdays from 6-9 p.m. Help the environment and your pocketbook at the same time by buying your costume at Arc. More information on the three locations (Richfield, New Hope, and Brooklyn Center) at [www.archvaluevillage.org](http://www.archvaluevillage.org)

### Activity Tracker

If you missed the September meeting, be sure to ask Sue Jammes for your Activity Tracker. This one page sheet will help you track the meetings you attend, projects you participate in and certificates you earn. It will also help the chapter fill out reports required at the district and state level that summarize our chapter's activity each quarter.



### New Chest Pain Hot Line 800 874-3278

Telling the difference between heartburn and signs of a heart attack leaves people wondering if they should call 911. Dr. Gladwin Das, associate professor and University Medical Center, Fairview director of interventional cardiology recognized this quandary and launched a 24-hour chest pain hot line. The hot line's purpose is to target people who are unsure of what to do

if they experience chest pain. Since heart disease is increasing in woman, this hot line will be beneficial to them. The hotline was launched in July and over 1000 called were received in the first two months.

Heart disease caused one in five of all deaths in the United States in 2005, which is the leading cause of death in the country according to the American Heart Association. Of course the AHA stresses the importance of calling 911 if you think you are having a heart attach.

## Focus on Priority Project Contenders

(Part two of a three part series, source <http://www.cheerfulgivers.org>)

Chapters will be voting at Fall State on our next three-year priority project. This month's article highlights Cheerful Givers.

Cheerful Givers provide toy-filled birthday gift bags to food shelves and shelters so that parents living in poverty can give their child a birthday gift. They believe this simple gesture boosts self-esteem, enhances self-worth, and strengthens bonds in

families.

Cheerful Givers is a 501c3 nonprofit organization committed to helping children in need. They provide birthday gift bags through shelters and food shelves to disadvantaged, needy children.

In 2007, Cheerful Givers reached 41,095 kids. 2006 was a record-breaking year with 36,529 disadvantaged children being able to experience the joy of

receiving a birthday gift from their parents. This was a 39% increase over 2005.

Child development experts agree that the fun, fascination and sheer enjoyment of play in a young child's life is key to developing a healthy and successful lifestyle down the road (source: Toy Industry Association, Inc.).

Whether Cheerful Givers becomes the priority project or not, Cindy Karels has volunteered to coordinate a donation from our chapter



### Our Vision

All parents living in poverty will be able to give their child a birthday gift.

### Baby News

Colleen S. had a baby girl. Her name is Lily Faith and she was born on September 27<sup>th</sup> at 6:08 a.m.. She was 7 pounds, 12 ounces and 20 inches long. She was 18 days early!



### Wear Your Name Tag

Since we often have guests at our meetings, please get into the habit of wearing your name tag. It sets a professional tone for our meetings. One trick to help you remember is to store your name tag in your car or purse.



### Hope Chest for Breast Cancer

Support those touched by breast cancer through the purchase of donated, very upscale goods including fine furniture, home accessories and women's designer clothing. There are two locations: Orono/Navarre and St. Paul. Check out <http://www.hopechest.us>.



## Maple Grove Women of Today 2008-09 Officers

**President:** Wendy Tindall  
**Membership VP:** Sue Jammes  
**Secretary:** Sue Payne  
**Treasurer:** Cheryl Heesch  
**State Delegate:** Cindy Karels  
**Internal/External Programming:**  
 Leslie Byzewski  
**Craft Fair:** Sue Jammes, Angie  
 Frassel



### October is Breast Cancer Awareness Month

Schedule your screening mammogram each year after age 40 (a baseline mammogram is suggested earlier if you have a family history of breast cancer).

### 2008—09 State Women of Today Dates:

Oct. 10-11 Women's  
Wellness Retreat

Oct. 11-12  
President/State Delegate  
Retreat

November 21-23: Fall  
State, St. Cloud

Feb. 20-22 Winter State,  
St. Louis Park

May 15-17: Annual  
Convention, Duluth

### District 11 News

Next District 11 Meeting:  
October 23, Richfield

Oct. 25 Cooper High  
School Craft Fair hosted  
by New Hope Chapter

## Recipe Corner: Black Punch and Eye Balls for Halloween – Bonnie Marten

### Black Punch

1 pkg grape Kool-Aid  
 1 pkg orange Kool-Aid  
 2 cups sugar  
 3 qts ice water  
 1 qt ginger ale

Mix together first four ingredients. Add ginger ale just before serving.

(To make Jack-o-Lantern Punch, substitute 1 pkg raspberry Kool-Aid for

the grape Kool-Aid.)

### Eye Balls

Prepare 1 pkg fudge brownie mix and bake. While warm, roll into balls. Dip into melted white almond bark.

Place an M&M in center. Cool. Use gel icing to create a blood-shot eye ball.

Please submit your favorite recipe for publication in the November Newsletter.

Maple Grove Women of Today  
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Maple Grove, MN 55311

**E-mail**  
membership@maplegrove  
wt.org

*Service, Growth,  
Fellowship*



We're on the Web!  
See us at:  
[www.maplegrovet.org](http://www.maplegrovet.org)

## About Our Organization

The Maple Grove Women of Today is part of [District 11](#), the [Minnesota Women of Today](#), and the [United States Women of Today](#). We hope you enjoy learning more about our organization through our Web site. We meet the third Monday of every month (except December) at the Maple Grove Community Center.

The Maple Grove Women of Today is a dynamic and diverse women's organization interested in the betterment of our community. We are not politically or religiously affiliated. We are women from various backgrounds, communities, and life experiences. We are working women, homemakers, mothers, grandmothers,

married and single women. We are women who want to make our communities a better place for all to live. We volunteer our time, raise funds for charities, and provide informational seminars that are open to the public. We welcome you to attend a meeting and join our organization.

## Women of Today Creed

### Minnesota Women of Today Creed

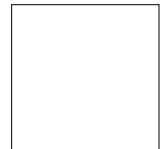
We, the Women of Today, are service, growth and fellowship. We believe that

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 have lived and served within it.

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Submit articles to  
Bonnie at [bmarten@embarqmail.com](mailto:bmarten@embarqmail.com)

MAPLE GROVE WOMEN OF TODAY  
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**MEMBER NAME**  
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