

# NEWSLET



Minnesota Women of Today,

Well, here we are down to the last month of the 2019-2020 year. We started out all sparkly and new, anticipating and dreaming of what the year could bring. And here we are winding down and still wondering what the end of the year will bring. As I said in my Area meeting remarks, Women of Today members are so creative and show so much ingenuity. Thank heavens for that because we have certainly been challenged with the coronavirus pandemic. I chose the theme “Making Connections” because, to me, that is what makes us successful. It is our connections with each other that make a difference: helping in our communities, making donations, gathering at local meetings and conventions, and even when we connect through internet, email and phone to stay in touch these days.



I’m sharing an activity with you and hope that you will try it out. This is something that chapter members could do together. I think it could be done and shared via email or an online gathering.

### Self-Respect: The Top Ten List of Values

Step One: Have each participant take a sheet of blank paper and divide into 6 sections allowing 10 lines under each section. Here are the 6 topics to list as headings:

- Top 10 people in my life
- Top 10 things I like to do
- Top 10 places I like to go
- Top 10 things I’d like to own**
- Top 10 rules I live by
- Top 10 dreams I have for the future

Step Two: On their own, each person will write 10 things for each of the 6 topics. Take your time to think and compose your lists.

Step Three: Share the following questions with the participants. People could review the questions on their own. If possible, try to involve participants together in a group by email or in an online format. Ask them to share their answers and see how your values might be similar and different. Talk about how the people, places, and things that are important to us, and how they help form our values, shape the rules that we live by, and reflect who we are.

Look at your top 10 list of people. Are those mostly friends or family? Are they people you have known for a long time? Are they people you know well or maybe admire from a distance? What qualities of character do these people share (ex. honesty, loyalty, kindness, etc)?

Look at your top 10 list of things you like to do. Are they things you do with others or alone? Do you mostly use your body or your mind or maybe both? Can you do them near your home or must you travel? Do they cost a lot of money or are they free?

Look at your top 10 list of places. Are those places near or far? Do you like to go there alone or with people (and who)? Are they real or imaginary places? Do they cost money or are they free?

**Look at your top 10 list of things you’d like to own. How do these things reflect your values? Are they permanent or disposable? Are they expensive or can you make them? How do you acquire them? How do you feel when you have these things? (For example, buying clothes might signal that you value looking nice.)**

Look at your top 10 list of rules to live by. Are these rules rigid or do they change from time to time? Are your rules more about you or more about interactions with other people? Discuss which qualities of character are reflected by the rules.

Look at your top 10 list of dreams for the future. How important are these dreams to you? Are you willing to sacrifice time and energy to achieve them? How will you feel when you accomplish these dreams?



Thanks so much for being part of my year. If I missed out on the chance to visit your chapter or talk to you personally, I sure hope that opportunity is still there in the next few months and the coming year. We all have our own “why” we joined and, through Women of Today, we all share a common friendship.

~ It’s all about “*Making Connections*” and staying connected ~

Cathy Shuman  
2019-2020 State President



**Minnesota Women of Today**

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Eden Prairie MN 55344

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**Chairman of the Board**  
Brenda Sather

**Executive Director**  
Katie Castro

# Chapter Happenings

## Blooming Prairie Women of Today

The chapter typically holds an Easter Egg Hunt prior to Easter but due to the COVID-19 Stay at Home order, the Blooming Prairie chapter held a parade instead. There was a great turn out for the parade and while they missed the hunt, enjoyed being able to share the bunny with the community. Express Pressure Washers drove their decorated truck with the bunny on it for all to see.



## Wash Your Hands

Carolyn Fortier and Andrea Shue

The "Keep Calm and Wash Your Hands" T-shirt fundraiser for the area food shelves was born out of the creative mind of Carolyn Fortier of the Warroad Area Chapter. She manages a custom apparel shop in Warroad, The T-Shirt Barrel. After coming up with the idea she shared it with fellow chapter member Andrea Schue. From that discussion the idea to expand the net to 4 towns and 2 counties to help more people and spreading it across all of District 2



versus just Warroad Area was developed. Each chapter Greenbush, Roseau, Warroad, and Lake of the Woods utilized their social media presence to promote this project for peak success. The shirts were able to be picked up, delivered, or mailed and payment was collected over the phone, upon delivery, or through the Square app.

After posting to social media Sally Koltes, from the Melrose chapter, liked the idea so much she reached out to see if they could do something similar. At the end of the day it's a fun easy project that allows us to support our local area and those struggling with the Covid-19 Virus. We believe that the food shelves will be impacted for a prolonged period with this pandemic and it is a small way for us to help those in need. For each \$15 shirt purchased a minimum of \$5 is donated to the purchasers' food shelf of choice. Carolyn is stocking the shirts at the T-Shirt Barrel in Warroad for the time being and we plan to keep the fundraiser going for a few more months, please feel free to reach out to us on social media or by phone 218-386-2728 to get your shirt today!

## Fairmont is Finding Joy in the Journey

Sue Bay

As we are ending this year with social distancing, I am thinking back to the past events we have held under the presidency of Joanna Borkenhagen in our Fairmont chapter. Joanna's theme for the year was Find Joy in the Journey. She encouraged members to organize an event that brings you joy. This turned into many fun adventures. Our chapter kicked off this theme with an outdoor campfire organized by Joanna. Some of the events we enjoyed were kayaking, a visit to the Sioux Falls Butterfly farm, a family summer picnic and boating, Yoga and Wine, a couple's night with a BBQ, learn to crochet, and a Christmas cookie decorating day. One member, Zephania, hosted a book club. Our group purchased 12 copies of "The Turquoise Table" and we took turns reading the book and passing it to another member. We will be passing the books on to another group so they can enjoy this same event as we did. We had a few events that have been postponed with the social distancing. Hopefully we can gather together soon for our lefse making and jewelry making. Each of us found joy in some new ways and brought many great memories to be shared in our life.



## Aitkin Happy Hour for a Cause

Leslie Goble

The Aitkin Women of Today held our first ever Happy Hour for a Cause at Block North Brew Pub on February 29, 2020. Our first committee meeting was held in September with committee members Leslie Goble, Joanne Larson, Marie Pedigo, Cathy Olson, Shanna Pratt and Dorothy Dotzler. Thirteen AWT members worked at the event, an additional three members attended the event, and four non-members helped with the event. This was for a total of 400+ hours. Everything went well with many positive comments from the 182 attendees. The purchase of a \$20 ticket included an appetizer buffet, 2 drink tickets and entertainment (all donated). There was also a raffle (in which 300 tickets were sold) for a gas/charcoal grill, a picnic table, a fire ring, a fishing kayak, \$100 and \$50. *Chance to Win* tickets could be purchased for 70+ prizes at the event and 12 centerpieces were used as door prizes. Gross income was just over \$10,000 plus in-kind donations of over \$8400. Aitkin businesses and individuals were very generous in their donations for the event. We also developed a *Thrivent Action Team* that earned us two \$250 gift cards to purchase supplies for the event. The AWT also received a generous grant of \$1000 from the MNWT Foundation. This gave us a net total, to donate to the *Make Your Mark. Support Our Park-Phase One* project, \$8205. Phase 1 includes a new warming house with a room to rent, a new rink for broomball, ice-skating, hockey and summer pickleball, and a new parking lot area. The amount donated was the final amount needed, of \$456,000, to put the project in place. Three committee members presented the check to Mayor Gary Tibbitts and the Aitkin City Council on March 16, 2020.



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Minnesota Women of Today

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# Introducing Your 2020-2021 Presidential Candidate

Brenda K. Sather, Chairman of the Board

## Illeana Miller, Monticello



Illeana Miller of the Monticello Women of Today is pleased to announce her candidacy for the office of State President of the Minnesota Women of Today.

Illeana's belief statement about this organization centers strongly around its members. She believes that every member can do great things. She believes that when members push aside any fears and take a leap, the reward that they will get is more than they could imagine. She is a firm believer in tackling new opportunities head on and knows that the interactions she has with others will always leave an impression.

Illeana has been an active member of the Minnesota Women of Today for the last six years. In that time, she has taken on leadership roles on the local, district and state level. During her time as President of the Monticello chapter, they received the USWT All American Chapter and finished first in SUCCESS. She served as Newsletter and Public Relations Local Program Manager, External Vice President, and Parliamentarian. She helped to standardize the chapter's brand and received a Silver Key that year for her work.

On the district level, she has served as Youth of Today District Program Manager, Programming Vice President, Parliamentarian and District Director. While serving as District Director, she faced challenges with a chapter folding and two that were on the TLC list and yet managed to keep the enthusiasm and excitement for all members thus showing qualities of a good leader. She again earned a Silver Key for her efforts.

Her adventure continued with the organization as she joined the Executive Council first serving in a role that was an key passion for her. As the Youth of Today State Program Manager, she helped chapters raise funds for homeless youth in Minnesota as well as over \$1,000 for the Outstanding Young Adult Scholarship. She earned another Silver Key. She moved into the role of Parliamentarian for the state organization and worked hard on updating the bylaws and policies. This allowed her to become very familiar with the foundation of this organization. This past year she supervised the District Directors.

Illeana's diverse background not only in programming, supervision of district directors but also in key areas of state leadership gives her the unique and much needed experience and background to lead this organization especially in this time of uncertainty dealing with COVID-19.

### **Illeana has a strong team supporting her this year:**

Administrative Vice President – Michelle Kocak Jones, Monticello

Membership Vice President – Tevyan Sorensen, Burnsville

Chapter Management Vice President – Jenise Teske, Fridley

Programming Vice President – Anna Nichols, New Hope

Financial Vice President – Mary Hansen, St. Cloud

Secretary – Barb Monsrud, Greenbush

Extensions Director – Open

Parliamentarian – Melissa Redzuan, Eden Prairie

Presidential Assistant – Wendy Lindberg, Coon Rapids

## Taking Better Photos with Your Smartphone

Jessica Schultz, Coon Rapids WT

At some point, we all have been going through photos on our phone, whether of our kids and family or of Women of Today functions, and are sad to see a photo that we really like come out a little less perfect than we had imagined. We think, "If only..." or, "I don't understand! Why did it turn out like this?" For those of us who like to take photos with our smartphone, but seem to take more duds than stars, there are a number of very simple things that you can do to improve your images.

First and foremost, clean the lens. Yes, this seem overly obvious, but so many good photos are spoiled by a wayward fingerprint. Before you take that first shot, take a look at the camera lens. Take care of any smudges or dust before you start.

For the best images possible, it is important to use the highest resolution possible. If you were around for the days of film, think of 35mm film speeds. A film speed of 100 ISO is equal to a low resolution in digital photography. Photos taken with low resolution are hard to use on websites and in print because it is lower quality. They are much grainier than a digital equivalent of an 800 ISO. This 'film speed' is equal to high resolution settings found in digital photography, like HD and 4K on phone cameras or raw or in digital camera formats. Remember, the higher the resolution, the more space the photo will take up in the memory of your phone. Consider automatically backing up or saving to a cloud storage, like Google Drive or Amazon Photos, to protect your images in the event that you lose or damage your phone.

For the best results and to get more mileage from your photos, use special settings and turn off effects and/or frames in the smart phone camera settings. If you are shooting people in motion, use the action setting (typically looks like a person running) or if you are shooting a scene use the landscape setting (looks like mountain peaks). If you need to brighten the photo or would like to add a frame, this can be done later by saving a copy of the and adding the enhancement later, rather than taking the initial impression with these features on.

To better your composition, use the gridlines feature (if you have that option) to observe the rule of thirds in your composition and align horizon lines. The rule of thirds is a photo composition rule that helps break up photos so they are more pleasing to look at. If you do not have gridlines, imagine evenly splitting the frame of your photo screen into three equal sections top to bottom and three equal sections side to side (resulting in nine evenly spaced squares). Try to keep your subject in the center of the four cross points.

One last mention, as much as we love selfies, sadly, the rear-facing camera lens on most smartphones is usually of lesser quality than the front-facing lens. That being said, take the selfie, they are a great and informal way to capture a moment, but try to take important photos with the front facing camera as much as possible.

We all have taken our share of photos using our smartphones, but by being mindful of a few basic settings and features of your smartphone camera, we all can take better photos to share, publish and keep forever.

**Fall Gala Spectacular**  
 Minnesota Women of Today Foundation Celebrates  
 Minnesota Women of Today 70th Anniversary



**Arrowwood Lodge at Brainerd Lakes, Baxter MN**  
 Saturday, October 17, 2020



Cost: \$70 per person

**Early Bird \$55 per person—Rec'd by April 15, 2020**

Registrations after Sept. 1, 2020— \$80

Minimum for this event is 75 people.

**If we do not reach that attendance by June 1, the event will be canceled.**

Checks will be held until after June 1st.

**Entertainment will feature Grammy and Dove Nominated Singer Gary Timbs with Dawn Timbs**

As a duo, Gary and Dawn create a sound that joins north country and southern roots music with a beautiful result. Gary has performed and recorded as a solo artist; and with various country and gospel groups, including the legendary **Elvis Presley, Jerry Lee Lewis and Sonny James**. He has been featured on the Lakeland Public Television show, "Common Ground."

Dawn (Schimpp) is a Staples native who has sung for years with her family's gospel group, The Schimpps; and is the founder of the folk group Ruby Boots, featured on Minnesota Public Radio. She is also a songwriter and was a top 10 finalist at the Big Top Chautauqua singer-songwriter contest in Bayfield, WI.

Funds raised will benefit the programs the MN Women of Today Foundation supports such as scholarships for members needing assistance with secondary education, needing training in programs working with special needs, Outstanding Young Adults (High School age) who excel in volunteerism, Honoring Women Who Impact and many more programs.



**Reserve your spot today!**

Please complete this portion and return with check made payable to MNWT Foundation.

Name: \_\_\_\_\_  
 Number of People Attending: \_\_\_\_\_ Cost: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Email: \_\_\_\_\_  
 Send to Jane Hanson, 31078 790th Ave, Madelia MN 56062

A welcome packet will be sent after June 1 once we have the 75 reserved attendees registered with additional information including meal selection and lodging.

**MNWT Scavenger Hunt**

Daina Mirsch-Wenner

Our new website may have you at a loss on where to find items you previously were used to finding. Here is a fun way to learn how to navigate it; the Web Team created a website scavenger hunt. Please complete the hunt by April 30th to be entered into the drawing.

The winner of the drawing will receive a basket containing (but not limited to) the following:

- MNWT logo tetchy items from the State Store
- President Cat's mug and ONTO shirt
- Wine and chocolate

There are ten (10) questions you must complete to be entered into the drawing. Six (6) of the questions have a BONUS; these are optional. For each bonus you complete another entry will be made in the drawing for you, which will increase your chances of winning. By completing all questions AND all bonus tasks, your name would be entered into the drawing sixteen (16) times.

The winner will be awarded at Annual Convention, but you need not be present to win. To participate, go to [www.mnwt.org](http://www.mnwt.org) and click on the members (woman) and scroll down to the link for the scavenger hunt.



**Wishes and More Update**

Glorie Balfanz

Please think of Wishes and More. Anything you can do for them would be appreciated. You can donate as individuals anytime online or by sending a check. Just remember to put in memo line on check/note line online that you are from Women of Today. As the Women of Today year ends I would just like say thanks for all of your support for Wishes and More and me! As SPM for the first time I made mistakes and learned a lot. But it was a fun experience.

**News from your Presidential Assistant**

Barb Berndtson PA 9050 Heron Court Monticello, Mn. 55362

Barb has gotten phone calls on it being past the due date for for the items below and says.... IT IS OK 😊 but please mail these items as soon as possible.

YEAR END PRESIDENT GIFT

The State President is traditionally presented with a gift at Annual Convention in appreciation of her leadership for the year. Each chapter and district are asked to please donate \$10 towards this gift. Make checks payable to MNWT and mail to Barb at the address above, note "President Year End Gift" in the memo space. PLEASE MAIL ASAP if you have not already. Thank you for helping to commemorate this memorable year for President Cathy!

SCRAPBOOK PAGES

President Cathy is looking forward to flipping through scrapbooks filled with pages highlighting chapters' and districts' 2019-20 year. Each chapter and Exec Council member is asked to prepare a 12x12 scrapbook page [front/back] with pictures and mementos of your chapter's events from throughout the year! PLEASE MAIL ASAP. Cathy will cherish these scrapbooks for years to come.

**Financial News**

Amy Pumper, Financial Vice President

I am sorry to announce that the fudge fundraiser has been postponed to a later time. Anyone who sent in their orders already will receive their checks back. Thank you for your interest! Your support of the finance committee fundraisers throughout the year have been wonderful and very much appreciated. Thank you for a great year and I look forward to a great year to come.