

# Hot off the grill

VOLUME 2 ISSUE 1

JUNE 2015

## June Birthdays

- \* 6/7 Sarah S
- \* 6/12 Danielle E.
- \* 6/29 Karen G
- \* 6/30 Barb B

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## President Dawn... “Licensed to Grill”

Hello my Smoking HOT friends!

I am just getting back home from our US Women of Today Convention. What a great time we had! Cat S., Sarah, S., and myself attended, Julie Marchand joined us as well. Minnesota was represented well. We had 30+ members there. We are a part of such an awesome state. If you have never been to a convention, I HIGHLY suggest that you attend one. It is a great way to get to know members from all over the state! The Fellowship is so much fun to be a part of. It is also a great way to see the impact we as a chapter make, along with the rest of the state. So, who is going with us to Fall Convention?? It is an Oktoberfest theme! Ziggy Ziggy Ziggy Oy Oy Oy!

June's Member of the Month was Barb Berndtson. She was such a great help to me getting everything ready for my year to start out. I really appreciate everything she does for me, and is so supportive and willing to lend a hand. Thank you Barb B.!

June's Board Member of the Month was Illeana Miller. She also helped me with so much to make sure this year started off right! From phone calls, texts, and meeting with me to get things taken care of. She also took the time to give me quite a few computer lessons, which I am happy to say have stuck with me! Thank you Illeana!

Let's continue to GRILL up some fun!

Dawn Hendricks



**“Where There's  
Smoke There's Fire”**

**Local:**

- Big Lake visitation has been moved to August, more details at the July meeting.

**District:**

- District orientation will be held on June 25<sup>th</sup> at the Boy Scouts of America Building in Sartell. Social is at 6:30pm, Board Installation is at 7:00 and Orientation will be held at 7:30. There will be training for Chapter Presidents, State Delegates and District Program Managers. We will need to bring a musically inspired dish to share. We will be carpooling from MCC at 5:45.

- Foley Dissolution/"Final Super" was on Monday June 8<sup>th</sup> at 7:00 at

## Visitations

the Other Bar in Foley. It was really sad to see Foley chapter vote to close and we hope to see the members join another chapter. Those attending were Sarah S, Pam P, Illeana & Annette.

**State:**

- Fall State convention is going to be at Cragun's Resort in Brainerd this fall. One difference is we have to put down a non-refundable deposit for the hotel rooms. That being said by August 21<sup>st</sup> I will need to know everyone that is planning on attending so we know how many rooms need to be reserved. If you back out after that date you may still be responsible for part

of the hotel since we can't cancel them. The weekend is September 18-20<sup>th</sup> with a cost of \$87 for the full registration. The theme for fall convention is Oktoberfest with a costume contest at the Saturday night party, how German can we dress???

**National:**

- National convention will be attended next week by Sarah S, Dawn, Cathy S. We will be leaving on Friday morning and coming back on Sunday. I can't wait to give you our report as it will be a first time attending National convention for Dawn and I. for their General meeting on Tuesday, May 19<sup>th</sup>.

## Importance of Volunteerism

On Wednesday, May 20<sup>th</sup>, Dawn, Sarah S., Lauren, Linda, Glorie, and Barb B., talked to the Monticello Riverfest Royalty about the Importance of Volunteerism.

It went well, and the girls asked some pretty good questions about volunteering.

Brenda and Annette were also there with the girls.

## Ways and Means-Minneapolis Marathon

We volunteered at the Minneapolis Marathon on **Sunday May 31<sup>st</sup>** as course marshals. It was a really early start, 4:30 in the morning, but everyone showed up on time and we had a great time down there. Afterwards nine of us went over to Perkins to

have breakfast and hang out. Those attending were Sarah & Erik Sundine, Sara & Erik Wiitala, Pam B, Paul Johnson, Cassie Carlson, Illeana, Annette, Sharon, Dawn, Zoe, Nancy, Lana and Glorie. We had a lot of fun cheering on the runners as they went

by. There was a total of **64 hours** worked and we raised **\$550** to go towards State Delegate/Convention rooms. Thank you to everyone that attended and all members earned a \$5 voucher for working 4 hours.

# Meeting Minutes & Reporting: by Pam P

It was really fun filling in for Lauren as the secretary at the June meeting. She had it so organized for me in advance, that it was a breeze. And thanks to Lauren, Sarah S, Dawn, Nancy, Glorie, Ille and myself having written reports that were submitted in advance, I was able to have a good portion of the minutes completed before the meeting even began.

The minutes are very important because they document what our chapter has done and for members that are unable to make it to a meeting, it is a huge source of information. It is essential for them to be complete and accurate. BUT — that is not solely the secretary's job. EVERYONE that reports is supposed to submit a written report so that the secretary has something to refer to for accurate information. It is difficult to get all of the information at a meeting. People speak too fast, don't announce, or there is just too much background noise — or maybe the secretary is hard of hearing :) - whatever the case maybe, written reports are essential.

I really encourage everyone to jot down their reports BEFORE the meeting. Yes, it may take a couple extra minutes. Yes, we are all only volunteers. But so is the secretary, and why should she have to do another person's job? Let's keep the secretary's job as painless as possible for current and future secretaries! It's a fun job — but discouraging when you are trying to take notes faster than the person speaking. Remember, a written report also helps you to have all the important details and to keep your reports concise.

## All night Grad Party

Monticello Women of Today helped volunteer at the Grad Night Party on June 5th. We assisted in assembling the bags donated by local businesses as well as aiding in checking in the High School graduates for the party. Volunteers in attendance were: Trina, Cat S., Kay S. Pam P., Sharon S. Lori, Annette, Karla and Krissie, Leo S. and Mark P. A good time was had by all!



## Personal Enrichment Program-Pam B. & Pam P.

Are you ready to learn all about herbs? How to use them, how to grow them, health benefits, and other interesting tidbits? Well, Herbologist Pam Broekemeier is going to educate us. This spicy course is going to be coming in July - please watch emails for the date to be announced. You are not going to want to miss this!





# Flaming Treasurer Report

Checking Account Balance as of 06/04/2015 is \$250.47

Savings Account Balance as of 06/04/2015 is \$2634.13

Treasurer has check requisition forms and receipt forms available if needed. There are copies on the website to copy

also. On website, go to member info, then to forms for members.

Dues may be paid in installments with the full payment due by the member's anniversary date.

The treasurer is not able to reimburse over the budget written in the

approved 2015-2016 budget. Anyone turning in a check requisition forms please turn it into the chairman of the project before turning it into the treasurer. Please have all forms filled out completely.

Financial Audit is scheduled for 6-24-2015.

## Coins For Cause/Wellness Walk

The well was emptied on June 1st and the deposit amount was \$46.93. This is down significantly from prior months.

The annual solicitation mailing was sent out to the Monticello Chamber membership list on June 1st. A total of 237 letters were mailed.

Budget is \$200 for this project. Cost for the mailing is \$103.20:

\$ 71.15 postage

32.05 #9 envelopes

Nancy has extra letters/contracts if anyone would like to send some to other businesses not members of the Chamber.

Next month's report will include contracts received from this solicitation.

### WELLNESS WALK

### Women's Wellness-Sara W.

We will continue to walk on Monday evenings at 6:30 pm. The location will vary depending on the weather, and an email will be sent out either Sunday evening or Monday with the location for that week. The walk was cancelled twice in May due to vacation and holiday. On Monday, June 1st, four of us enjoyed a beautiful walk along the pathway west of Pinewood. Please join us!

For most healthy adults it is recommended that they engage in a minimum of 150 minutes a week of moderate aerobic exercise. Since we all have busy lives it can be difficult to get motivated and even harder to find the time. But exercise doesn't have to be done in a gym, on a bike or in a yoga studio.

This month I am highlighting some simple tricks on how to fit exercise into your busy schedule!

- Walk or bike to the store
- Take a moment to stretch or go for a quick walk at work during breaks.
- Take the stairs instead of an elevator
- Choose activities you enjoy
- Walk with a group (Womens

Wellness Walk)

- Yardwork and chores count as activity

Now these are just a few small ideas on what you can add to your lifestyle. There are many more things you can do.

Don't get discouraged if you don't see any changes in weight size or whatever your goal is. It takes time and every little bit of exercise helps in one way or the other. So get out there and have some fun!



# Insane Inflateables 5K-Pam P./Rylee

The Insane Inflateables 5k Course and Obstacles was held at Powder Ridge in Kimble, MN on June 6th. The team consisted of: Rylee P, Sarah S, Glorie B, Dawn & Zoe H, and Pam & Jacob P. Mike H was our official photographer and cheerleader (for lack of a better word). And Eric S very kindly waited in line for us the Friday prior to the event and picked up all of our registration packets.

Waiting for our turn to ascend the slopes, we watched as hundreds of people slowly trudged up the hills and came down a touch faster — a few actually running. I think most of our team was wondering what on earth we had signed up for, but it was too late to back out now without even trying. And even though we were apprehensive, there was still a thrill of excitement to be doing it as a team and we were there to support each other.

The day started out hot and sunny but by the time our wave came up, we were blessed with overcast skies. Being in the last wave was also to our advantage — there were only a handful of people in our wave compared to the 100 in the other waves. We were in line first, so we lined our team up at the starting slide. We slid down together, but after that the team was split. Jacob was out of sight, and Rylee and Zoe were setting a good pace for themselves, too. Sarah, Glorie, Dawn, & Pam (The Four) moseyed up the first hill ... it didn't take long to realize that slow and steady was the way to go. Not to win the race; but to finish the race. With so few people in the wave, they didn't have to worry about getting in other people's way; it was nice. We all made it through the Mattress Run — easy enough. And by the time The Four had gone through the Big Balls at the beginning of the incline, they saw Jacob at the bottom on the other side — Rylee couldn't be seen, and Zoe was a shape in the distance. We made it up the first slope and our 4th obstacle, Levels, and like everyone else, we went downhill a bit faster — a nice breather! We trudged up that second hill, really having our second doubts, but laughing ... gasping ... our way up. We saw Mike had climbed up the hill to take pictures the next slope over ... and as far as Jacob, Rylee, & Zoe? They were long gone. At the top we did Tangled Up and admired the beautiful scenery as we reassured each other that there was only ONE hill left — we could do this!!! Plus, there was a water station at the bottom of the hill.

Again, we were thankful for the downhill break. We made it through Wrecking Balls. And we were so ready for that glass of water — ahhh! What we were not prepared for was to hear that there were actually TWO hills left! Was that a collective groan??

Starting up the 3rd slope, we saw Mike and Jacob waiting for us at Bumpin Bumpin. Yes — Jacob was already done in less than 27 minutes, while we were only half way there. But, we had another cheerleader. This hill was even steeper than the last and we struggled the last few feet before doing Tangled Up at the top. Breathe! Admire the view. Okay — we are going downhill again with a welcome drizzle to help cool us off. And there was Jacob AND Rylee coming UP the hill to meet us. The Four were wondering why on earth anyone would be doing the course more than once. Rylee had completed the course in 40 minutes.

Jacob and Rylee ran ahead to take pictures of us going up/down SOS with Glorie's phone. And we saw that Zoe was at a picnic table having completed the course in 54 minutes. The Four, on the other hand, were just starting their 4th incline, which thankfully, was not very steep or long. With Jacob and Rylee along for the walk, they made it through the now slippery Jump Around and Pure Misery to finish the course in just over one hour!!! Would we do it again? You betcha!!!!



MONTICELLO WOMEN OF TODAY GENERAL MEETING - Thursday, June 4, 2015, at CUMC

Members present: Glorie B, Barb B, Karla B, Linda B, Nancy F, Krisie G, Lana G, Rose G, Trina H, Dawn H, Debby M, Pam P, Rylee P, Annette S, Kay S, Sharon S, Sarah S, Arlis T, Sara W

Call to Order: 6:30 p.m. by President Dawn Hendricks

Invocation: Kay S      Pledge: Glorie B      MNWT Creed: Debby M

Guest(s): Linda Buchman (Linda's mother-in-law), Torrey Brown, Lori Thielen-Nelson

Orders of the Day/Quorum: Ille M - 15 out of 40 members/Quorum established.

Icebreaker: What is your favorite grilling vegetable?

On Time Drawing: Torrey Brown

Pass Service Hours Book

SECRETARY: Lauren Henderson "Saucy Grill Friends"

~ Motion slips/report forms: are available in a white binder, along with paper, pens and supplies. Reminders about motions and reports given. ~ Minutes Approval: May approved with the correction of Sarah S, not Sara W as the Bench Project co-chair. ~ Thank You notes: \* Julie Marchand for the year end gift \* Crisis Nursery for our \$100 donation.

TREASURER: Glorie Balfanz "Spicy Hot"

~ Checking: balance \$250.47 ~ Savings: balance \$2634.13 ~ Reminders: given for dues installment option, check requisitions/receipts and reimbursement. ~ Financial audit: 6/24 – Nancy/Dawn/Pam P ~ Check Signers: need to update at bank.

PAST PRESIDENT: Ille Miller "Follow the Smoke"

~ Bylaw Review/Ille: 6/18, 6:30 @ Caribou by Target.

PRESIDENT: Dawn Hendricks "Where There's Smoke There's Fire"

~ Member of the Month: Barb B      ~ Board Member of the Month: (in July)

~ Next meeting: 7/2, 6:30 pm at CUMC.      ~ Board meeting: 6/17, 6:30 pm, Linda will host.

STATE DELEGATE: Sarah Sundine "Savor the Flavor"

~ Annual Convention (FR): Lauren/Sarah S – 5/15-5/17 at Arrowwood Resort in Alexandria, MN. Attended by Dawn H, Ille M, Sarah S, Lauren H, Sara W, Pam P, Cat S. \* MNWT President Terri Dahlberg was elected \* Motion to increase annual dues from \$45 to \$50 passed. Effective 5/1/2015 annual dues will be \$50 Awards: \* Thank you to Trina for a great year as Living & Learning LPM. \*

Incentive for Pam P for Newslet \* Incentives for members who attended the Women's Wellness Retreat: Glorie, Cat, Lana, Dawn, and Pam B \* Thank you incentives for Sock It To 'Em Challenge participants: Lana, Lauren, Nancy, Debby, Pam P, Karma, Sharon, Mercedes, Dawn, Glorie, Ille, and Sarah S \* 3 of our members were in the Top 10: Lana, Dawn and Sarah S! \* Chapter Winner of the Sock It To 'Em Challenge: Monticello – Nancy F; and at the district level, District 5 won \* Certificates for members completing the Social Media Program: Cat S, Glorie B, Ille M, Lana G, Michelle KJ, Nancy F \* Certificates for members completing the Unique Communication Skills Program: Cat S, Tammy T, Debby M, Pam P \* Winners of the President/State Delegate challenge: Ille M and Lauren H \* Membership Awards for 75% Retention 3rd Trimester, Growth 3rd Trimester, 75% Retention Year-to-date, and Year End Growth: Monticello – Linda B and Michelle KJ \* Project of 3rd Trimester Award: Operation Valentine/Community Connections – Ille M \* State President Laura presented each chapter president with an Award for sharing their passion – Ille M \* State Delegate Award of Honor and Gold Key presented to Lauren Henderson \* Chapter President Silver Key Award presented to Illeana Miller \* Ille Miller/Monticello Chapter Success Results: 3rd Trimester – Top 10; 3rd Trimester - 2nd Place; Year End Top 10; Year End: 1st Place; Year End Pop Division V winner

~ Anoka General Meeting Visitation (FR): Sara W and Dawn H joined the Anoka chapter for their

General meeting on Tuesday, May 19th ~ Big Lake Meeting Visitation: Changed to August; details to come ~ Foley WT Dissolution: 6/8, 7pm @ Other Bar, Foley. Carpool – MCC @ 6:00 ~ District Meeting: NR ~ District Orientation: 6/25, 6:30pm in Boys Scouts of America Building, Sartell. 6:30 – Social, 7:00 – Board Installation, 7:30 – Orientation for presidents, state delegates & DPMs, Carpool: MCC @ 5:45 ~ USWT National Convention: 6/12-14 in Fargo, ND. Attending: Dawn H, Sarah S, Cat S, maybe Trina H ~ Fall State Convention: 9/18-20 @ Craguns in Brainerd, RSVP needs to be in by 8/21 for room reservations

MEMBERSHIP: Mercedes Turner, Trina Hedquist “There’s Always Time for S’more Fun”

~ Early Bird: due 7/15 ~ Social Geocaching: 6/27 – Dawn: MCC Carpool @ 9am, Quarry in St. Cloud, bring a lunch, back around 3pm ~ Caribou: 6/20, Caribou M-events will be held 3rd Saturday of each month ~ Game Night Social: 7/18 – Mercy/Trina: Backyard Games and Fun, 3pm at Mercy’s house; families included ~ St Croix Boat Cruise: tentative date of 22 or 23

~ 1st TRIMESTER RENEWALS: Melanie Aucapina, Barb Berndtson, Pam Broekemeier, Linda Buchmann, Maribel Cruz-Longley, Lauren Henderson, Kelsey Holker, Bonita Klein, Kay Schroden, Sara Wiitala

LPM Orientation: Presenters: Linda B & Sarah S, Attended: Sara W, Rylee P, Pam P, Arlis T, Debby M, Annette S

Invitation to Join: Lori Thielen-Nelson was installed

NEW BUSINESS: ~ Fall Craft Show: unfilled, pending training ~ Kids’ Week: in August, Trina ~ Bylaw Suggestions (Glorie): have State Delegate be authorized to sign checks; 2 Treasurers with overlapping years to provide training and support which may require Bylaw change

MOTIONS: ~ M/S/D (Kay S/Pam P) I move that the Monticello Women of Today make a bid to host Fall State Convention 2016. ~ M/S/P (Linda B/Barb B) I move that Monticello Women of Today have a social time/flex time before the monthly meeting from 6:30-7:00 p.m. ~ M/S/P (Sarah S/ Trina H) I move that Monticello Women of Today donate a \$25 JCPenny gift card to Lindsey & Ben Thuftedal.

(victims of a house fire)

EXTERNAL PROGRAMMING: Michelle Kocak-Jones “Smokin’ Hot and Sassy”

Community Connections: Trista Kleinstuber “Chillin’ & Grillin’”

~ Natural Playground (FR)/Ille M, Annette S – May 30, Ille, Pam B., Annette, Kay, Sarah S., Cassie & her dad John assisted the Monticello Rotary with their Natural Playground at Lake Bertram. Ribbon cutting on 6/27. ~ Riverfest Dance Concessions/Cat S, Ille M – 7/11 ~ Walk N Roll/Linda B, Sara W – 6/13,

8am to 1pm, need 1-2 volunteers ~ Adopt-A-Highway/Kay S – waiting for it to dry up, include Royalty

~ Riverfest Ambassadors/Trina H, Mercy T – looking for volunteers

~ Domestic Violence Awareness/Kay S – NR

Women’s Wellness: Sara Wiitala “Feel the Burn”

~ Wellness Walk/Nancy \* walk on Monday evenings at 6:30 pm -location will vary depending on the weather - watch for emails. \* On June 1st, four walked ~ Food Shelf Bags/Trista K – NR ~

Insane Inflatables/Pam P, Rylee P – 5k Course and Obstacles at Powder Ridge in Kimble, MN on 6/6, 1pm, 7 participants ~ Self Defense Course/Glorie B – 8/20, 5:30 pm at Glorie's house, instructor Brent Balfanz, bring water and dress comfortable, daughters welcome.

Youth of Today: Melanie Aucapina

~ All Night Grad Party/Trina H – 6/5, 8pm to 11pm ~ Red Carpet Gala/Kay S, Linda B, Ille M – 7/7,  
6pm River City Extreme

Breaking Free: Arlis Thielke “Putting out the Fire” – (NR pending CIP)

~ Card Sales/Debby M – raised \$16

INTERNAL PROGRAMMING: Linda Buchmann “On Top of Old Smokey”

Living & Learning: Pam Peterson “It Only Takes a Spark”

~ The View/ Dawn – 6/10, 6:30pm, The Boy in the Striped Pajamas, at Dawn’s house.

~ Funshine: Debby Manthei “Come on Lady, Light Your Fire”

Birthdays: 6/7 Sarah S; 6/12 Danielle E; 6/29 Karen G; 6/30 Barb B. PALS (Eden Prairie) – NR

Newsletter: Sara Wiitala “Hot Off The Grill”

~ Deadline: submit to Sara W by 6/12 ~ Challenge: draw a picture of a girl using ‘Paint’ on your  
computer

Records & Recognition: Cat Shuman “Heat It Up”

~ Craft Show Orientation/Cat S 6/23, 7pm @ Cat’s ~ Shed Cleanup/Pam P, Barb B, Kay S – NR

Public Relations: Ille Miller

~ Founders Day/Trina H, Mercy T, Barb B – 7/1 ~ Parade Float/Dawn – 7/12, volunteers Ille, Linda,

Sara W – NR ~ Importance of Volunteerism (FR)/Dawn – 5/20 attended by Dawn, Sarah S., Lauren, Linda, Glorie, and Barb B.,  
on behalf of the Royalty Committee, talked to the Monticello Riverfest Royalty about the Importance of Volunteerism ~  
Bench/Sarah S, Pam P, Dawn H – date to come soon

~ Day at the Diamond/Ille – 8/30, 1:10pm, tickets - \$29 by 7/31; can pay Ille at July mtg.

~ Website/Cat S, Pam B – NR

Ways & Means: Annette Schaufler “Up In Smoke”

~ Flyers Concessions/Pam B – 7/11, Carpool from Resurrection @ 9:30 am, passed sign-up ~ Minneapolis Marathon (FR)/  
Sarah S – 5/31 worked as course marshals, attending: Sarah & Erik Sundine, Sara & Erik Wiitala, Pam B, Paul Johnson, Cassie  
Carlson, Illeana M, Annette S, Sharon S, Dawn & Zoe Hendricks, Nancy F, Lana G and Glorie B, 64 hours worked and \$550 raised  
towards State Delegate/Convention rooms, members earned a \$5 voucher for working 4 hours ~ Lucky Buck – Annette pro-  
vided basket, Sharon won, \$45 raised! July is Arlis

~ Coins for a Cause/Nancy \* June 1st deposit was \$46.93 \* 237 solicitation letters were mailed at  
the cost of \$103.20 \* extra letters/contracts available if you know of someone to send them to

Helping Hands: Cat Shuman, Glorie Balfanz, Pam Peterson

Good & Welfare

Thank you Hosts: Kay S, Pam B, Lana G Thank you Greeter: Nancy F

July Hosts: Barb B, Mercy T, Nancy F July Board Mtg Hosts: open

Benediction: Barb B USWT Creed: Rylee P

Adjourn at 8:35pm

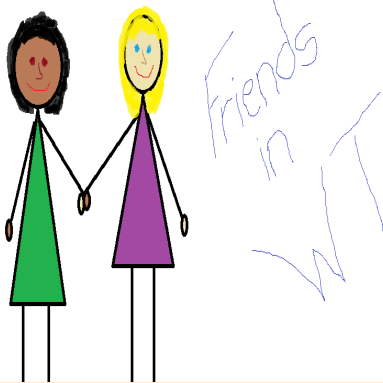
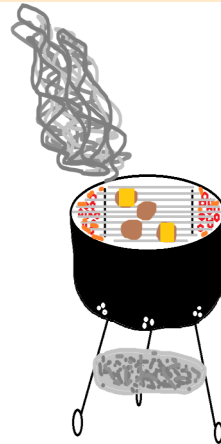
Respectfully submitted,

Pam Peterson (Substitute Secretary)



# Paint Grill/Friends Drawings

**Dawn Hendricks**



**Pam Peterson**



**Sara Wiitala**

# Paint Grill/Friends Drawings



**Lauren Henderson**



**Pam Broekemeier**



**Trina Hedquist**



# Smoke Signals

- Dawn, I cannot wait for our road trip next weekend I am glad you are going with me! -Sarah S
- Sara W, Pam B, Illeana, Annette, Sharon, Dawn, Nancy, Lana & Glorie: Thank you so much for volunteering at the Minneapolis Marathon. I hope you had fun and it seemed like a pretty easy way to earn money for the chapter. Hopefully they will ask us to volunteer again, hopefully next time the start time won't be so early in the morning!-Sarah S.
- Illeana & Sara: You are definitely going to bring the Music Alive in District 5, I can't wait to see all of the stuff you have planned for the year, and conventions will be exciting here comes district excitement!-Sarah S
- Mercedes: Thanks for walking with me in the morning when I can. I can't wait to start running again we need to get our training in gear for Women's Rock weekend.-Sarah S.
- Sara — Amazing newsletter! I love your enthusiasm!! — Pam P
- Dawn — You are a Smokin' President! Hot, hot, hot!! I am so glad that you decided to take it on. —Pam P
- Lori — Welcome to the Monticello Women of Today! I am looking forward to getting to know you better. When you have questions (and trust me, you will) please feel free to ask!! — Pam P
- Torrey — It was good to see you again at our June meeting. Hope you decide to come back again! — Pam P
- Lauren — I hope you are having an excellent vacation — you deserve it!! — Pam P
- Bonita — You know what? I miss you seeing you. It feels like it has been awhile. Hope all is going well! — Pam P
- Mercy, Krisie, Pam B, Michelle & Lori (and anyone else with a graduate that I might have missed) — Congratulations on your graduates! What an exciting milestone to be experiencing in your households. I wish all the graduates the best in their futures. — Pam P
- Rylee — Good luck working at Superior National Forest. I hope you have a great summer there. Love you! — Mom
- Ille — Love your excitement for being the DD. I can hear the music already. — Pam P
- Trina — Good job organizing the ANGP registration. I think it went smoothly on our part. — Pam P
- Sarah — Congrats on your promotion! — Pam P
- Glorie, Rylee, Dawn, & Sarah — Thanks so much for doing the 5k Inflatables. It was really fun, although exhausting, and I couldn't have asked for a better group of women to go with. I think we conquered the 'obstacles'. Thanks to Zoe, Jacob, Mike & Eric, too, for being on the team or helping us out. — Pam P
- Maribel — That's a really nice picture of you & Mike on your realtor signs. What a cute couple. — Pam P.
- Glorie, Dawn, Sarah S, & Mom - Thanks for doing the Inflatables 5K with me. It was something I really wanted to do and I'm glad that WT took it on as a project. - Rylee
- Pam P — I'm so excited about our upcoming Pep courses! It is so fun to work with you. -Pam B
- Dawn H — It's on my list to go find your geo-caches. Can't wait to see where you take me! -Pam B.
- Cat S — Can't wait to start working with you on the chapter website. We'll make a great team. -Pam B.
- Barb B — How is the Wii Fit working out? Glad you can use it. -Pam B.
- Annette S — Thank you for passing around the Flyers Concession stand sign-up sheet for me at the last meeting — you're the best! -Pam B.
- Sara W — Love the newsletters! You are doing awesome.-Pam B.
- Karma — Miss you! Hope CA is treating you "MN Nice" style -Pam B.
- Dawn, thank you so much for hosting the View. It was a great book and discussion. Looking forward to the next one.-Mercedes
- Board, thank you for all of your support and encouragement as I have been trying to get a handle on the membership duties. You are all so supportive-Mercedes
- MWOT ,thanks for being the great group that you are. Always great to come to meetings and events and be greeted with lots of smiles and encouragement.-Mercedes
- Thank you to Kay and Spouse, Cat, Sharon, Annette, Pam P. and spouse, Karla, Krissie and Lori for all your help at the Grad Party!~Trina
- Welcome Lori! I am so glad you joined!~Trina
- Thank you to Linda B. for all your guidance and willingness to help myself and Mercy navigate our way through our new position! ~Trina

# Smoke Signals Continued...

- Lori-Welcome to our chapter! I am excited to get to know you better. -Dawn H.
- Sarah, and Cat-National convention was fun! I am glad that I could go. -Dawn H.
- Debby-That Kid's Kitchen is pretty amazing! -Dawn H.
- Pam P., Rylee, Glorie, and Sarah S.- The Insane Inflateables was pretty insane! -Dawn H.
- Rose-It was so great to see you at the meeting, I am glad the new job is working out for you. -Dawn H.
- Tammy-I see your beast all over, that is great! Keep busy! -Dawn H.
- Lauren-I hope your vacation is awesome!-Dawn H.
- Jennifer-I love seeing your posts on facebook and Josh's responses. You two are hilarious. -Dawn H.
- Sara-Great job on the newsletter! Keep firing it up! -Dawn H.
- Dawn, Ille, Pam P, Cat, Sarah, Sara - Thanks for all the laughs at convention - it was a lot of fun! ~Lauren
- Cat - I'm saving that quarter! ~Lauren
- Ille - Congratulations on receiving the Silver Key Award! ~Lauren
- Ille - Congrats on achieving all the Success Awards - you really had an amazing year as President! ~Lauren
- Cat and Barb B - I'm already getting excited for Blaaaaack Sheep Mystery Tour!!! ~Lauren
- Pam P - Thanks for filling in as secretary at the June meeting! ~Lauren
- Sara W - Fabulous job putting together a sweet and spicy newsletter! ~Lauren
- Sarah S-thank you for getting Erik to drive us to the Mpls Marathon so early in the morning. That was a super fun event!-Lana Gilberts
- Dawn H-Our smokin' president! I'm was nice to have Zoe help w/Mpls Marathon. :)-Lana Gilberts
- Nancy-thank you for working w/Coins for a Cause & Women's Wellness. You're doing a great job! -Lana Gilberts
- Dawn H.- I had a blast going to the Anoka meeting with you! Thank you for the laughs! -Sara W.
- Sarah S.— Great job planning the volunteer event for the Minneapolis Marathon! It was a blast!-Sara W.
- Lauren— Congrats on the Gold Key Award!- Sara W.
- Illeana— Congrats on the Silver Key Award! I look forward to being you DD assistant! -Sara W.