

# MAY NEWSLETTER HUTCHINSON AREA WOMEN OF TODAY



## LETTER FROM THE PRESIDENT

As your new Hutchinson Area Women of Today President, I want to thank you for your confidence in me, to lead our chapter in the upcoming year. I can't thank Deb Froemming enough for all that she has done too get the "HAWT" chapter chartered and on its way. I'm excited to begin working with the new board, and excited to get to know each of you better.

The Women of Today as it says in our creed are "service, growth and fellowship. In the upcoming year I would like to see us focus on random acts of kindness. A little thing or a big thing that we can do each month individually or as a group to "Be The Star in Someone's Day"! I would like to challenge each of you to come up with an idea. Examples could be signing us up with Common Cup to fill backpacks, call bingo at the Oaks, or collect items for Wings. The sky is the limit.

In May, I would encourage you to help with Food For Kidz Please feel free to give me a call, shoot me a text or email with any concerns, questions or comments.

I cannot always answer right away during the weekday, but will answer as soon as I can. You can reach me on my cell at 320-298-5162, or via my email address [saviess@gmail.com](mailto:saviess@gmail.com). We are an awesome group of HAWT women and together we can do great things! - Shirley

# Food for Kidz

## Packaging Event

### May Random Act of Kindness Opportunity

You are invited to participate in the Food for Kidz packaging event at Bethlehem United Methodist Church, Wednesday, May 23<sup>rd</sup>, 4:30 - 7:30 pm

Please mark your calendar and bring your family or friend along and join in the fun. Tasks are set up assembly line around a table, there are sitting or standing tasks, and you can rotate to various positions as needed.

No need to stay the whole time. Come when you can and stay as long as you can. A light supper will be available from 5pm to 7pm.

Hope to see many of you there!



**AMY BERRY – MAY 30<sup>th</sup>**

# Random Acts Of Kindness

## What is a RAKTIVIST?

RAKtivist is short for 'Random Acts of Kindness Activist.' They are like kindness ambassadors. RAKtivists are everywhere.

- The student who stops to hold the door open for a teacher with her hands full.
- The commuter who offers their bus seat to an elderly passenger.
- The person who pays for the car behind them in a drive thru.

These people are all RAKtivists. Anyone who believes kindness can change the world, who reminds everyone around them how much love there is in the world, who inspires hope and generosity with their actions as much as their words - they're a RAKtivist.



## Sonora's Gathering



Last week, our HAWT group gathered at Sonora's restaurant to celebrate the chapter's year-end and the installation of our new officers.

## Music in the Park

Monday, June 25. We will need everyone possible to help make food ahead and then to serve, bring your family to help. We are the social host serving the night of the largest crowd, expected 380-400 people. The reason it's so many people is that Edward Jones clients will have received an appreciation coupon. This would be the biggest fundraiser for us so far. This is a great way to get our name out and help in the community. Watch for more information to come soon.



## MAY

### What's Happening

**May 5**

LOTS Training

**May 18 – 20**

Aloha MNWT Annual Meeting  
Alexandria

**May 22**

General Monthly Meeting

**May 23**

Food for Kidz, Bethlehem  
United Methodist

# GRILLED VEGETABLE PLATTER RECIPE

## INGREDIENTS

1/4 cup olive oil

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2 tablespoons honey

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4 teaspoons balsamic vinegar

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1 teaspoon dried oregano

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1/2 teaspoon garlic powder

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1/8 teaspoon pepper

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Dash salt

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1 pound fresh asparagus, trimmed

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3 small carrots, cut in half  
lengthwise

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1 large sweet red pepper, cut into  
1-inch strips

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1 medium yellow summer squash,  
cut into 1/2-inch slices

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1 medium red onion, cut into  
wedges

## DIRECTIONS

- 1 In a small bowl, whisk the first seven ingredients. Place 3 tablespoons marinade in a large resealable plastic bag. Add vegetables; seal bag and turn to coat. Marinate 1-1/2 hours at room temperature.
- 2 Transfer vegetables to a grilling grid; place grid on grill rack. Grill vegetables, covered, over medium heat 8-12 minutes or until crisp-tender, turning occasionally.
- 3 Place vegetables on a large serving plate. Drizzle with remaining marinade. **Yield:** 6 servings.

**Editor's Note:** If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.

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**Top 10 Grilled Vegetable Recipes**

<https://www.tasteofhome.com/collection/top-10-grilled-vegetable-recipes/>

## LAUGHTER IS GOOD FOR YOUR HEALTH

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. It also helps you to release anger and be more forgiving.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use

**Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

**Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

**Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

**Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

**Laughter burns calories.** OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn about 40 calories—which could be enough to lose three or four pounds over the course of a year.

**Laughter lightens anger's heavy load.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

**Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.



# Garden Word Search



W T R A L S T B J S I E M S H L V E O S  
 H E Y O D E R H U P F G A H N S E R R E  
 E K O E S A T G Y L P G N E J A E A C Z  
 E C B I B E A T O M P P U D I G C N F O  
 L U R U Q R M W U P E L R L A D E E B T  
 B B H F A B E A E C O A E N Y F L K P A  
 A R T P Y R T O R Q E N O R O N I O N M  
 R K S E S M R O W Y D T H E G L O U M O  
 R A J A L A P E N O B A N W V N S U N T  
 O S T E M B M G D E R B G O O B L E H S  
 W T P U T H A Q U V A R B L S C I Q E O  
 G N I D E E W T E B E U O F H H U H R P  
 C A B B A G E S E E Y T N N S A O S B M  
 P E P P E R T L N G A D P U P B Q V S O  
 T O R R A C T H E T E E A S I S E N E C  
 S G U H O I O F O W A V N L N B T G D L  
 D A Q R U U F P U R O U M L A T E O A D  
 E T N R S N E D R A G R Y W C I A A O S  
 E E F E A P P L E T F E T X H W T I N R  
 S J Y R R E B W A R T S A E P Y K X Q S

Apple  
 Asparagus  
 Beans  
 Beds  
 Bucket  
 Cabbage  
 Carrot  
 Compost  
 Corn  
 Eggplant  
 Fence  
 Flower  
 Fruit

Garden  
 Gate  
 Greenhouse  
 Harvest  
 Herbs  
 Jalapeno  
 Ladybug  
 Leaf  
 Lettuce  
 Manure  
 Mulch  
 Onion  
 Oregano

Pear  
 Peas  
 Pecans  
 Pepper  
 Potato  
 Rhubarb  
 Roots  
 Rosemary  
 Sage  
 Seeds  
 Shed  
 Shovel  
 Soil

Spinach  
 Stem  
 Strawberry  
 Sunflower  
 Thyme  
 Tomato  
 Trowel  
 Vegetable  
 Weeding  
 Wheelbarrow  
 Worms