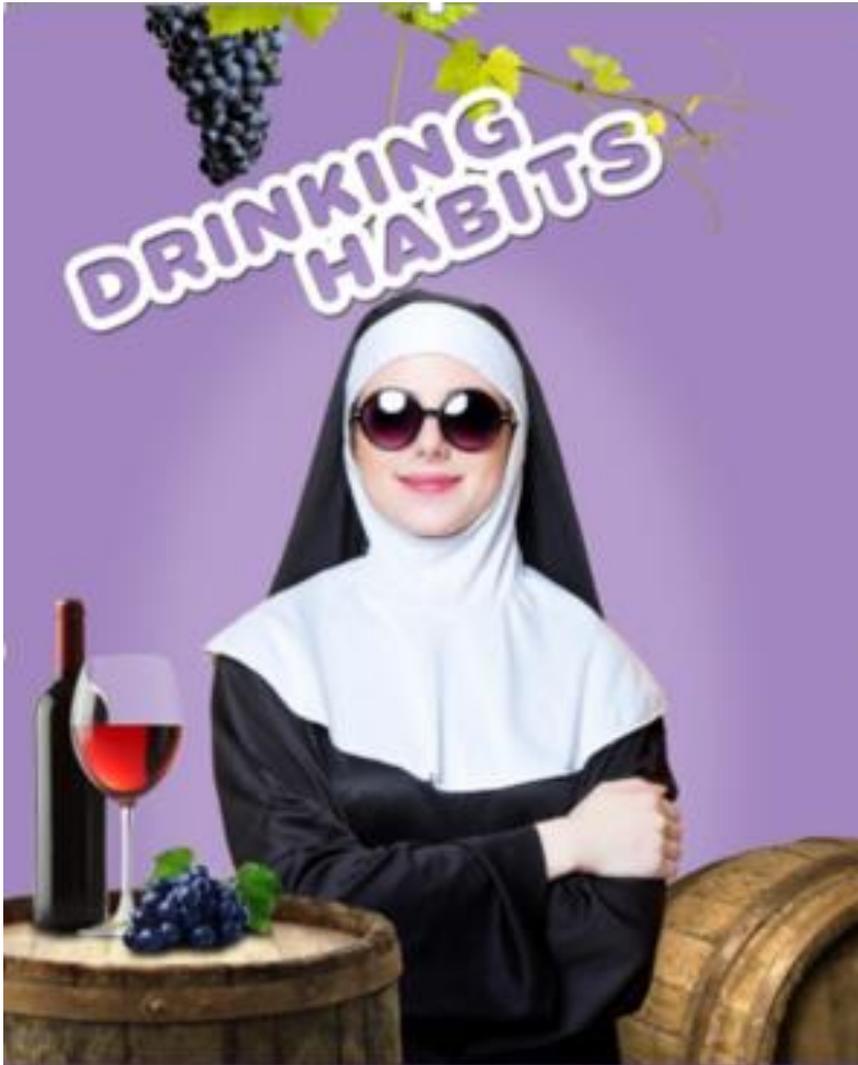


NEWSLETTER
HUTCHINSON AREA WOMEN OF TODAY

APRIL

Hutchinson Center for the Art
HAWT M-Night
April 19th
6:30 doors open & 7:00 play starts



April
EVENTS

April 12

District 5 Meeting Rice

April 15 - 21

National Volunteer Week

April 19

M-Night "Drinking Habits"
7:00

April 21

HAWT Coffee Hour
Future Plans
Einstein's & Caribou

April 25th

Annual Mtg & Awards Night
Senora's
5:30

May 5

LOTS Training

May 18 - 20

Aloha MNWT Annual
Meeting Alexandria





HELP WANTED

Do you have a "green-thumb" and enjoy gardening?

At our March meeting, Lisa Rahkola, Physical Education and Environmental Education Coordinator at New Discoveries, shared that she is looking for suggestions and asking if we would help maintain their gardens at the school over the summer months.

She will send out a schedule for us to sign up to help. If you have additional ideas or thoughts to share with Lisa, her email is:

lisa.rahkola@newdiscoveries.org.

HEALTH + FITNESS

Learn easy ways to stay healthy and happy from top wellness experts and real women who've made lasting lifestyle changes.

<https://www.womansday.com/health-fitness/>



Mark your calendar for
April 25th!

We will be celebrating the end of our year over a meal & drinks at Sonora's with awards and surprises! More details to come.

We will not be having our usual monthly meeting on the 4th Tuesday in April

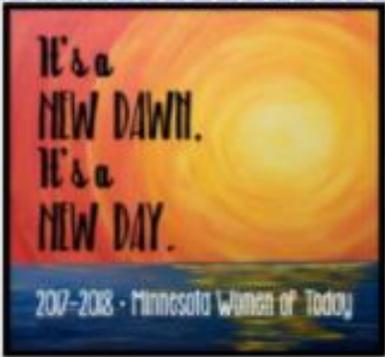


Andrea Treptau: April 1st

Donna Schwartz: April

2018/2019 HAWT Board

- **President:** Shirley Viesselman
- **State Delegate:** Deb Froemming
- **Internal/External Vice President:** Andrea Treptau
- **Membership Vice President:** Robyn Lawson
- **Secretary:** Susan Noyes
- **Treasurer:** Janet Hall



LOTS 2018

Local Officer Training Session
SATURDAY, MAY 5TH

Schedule:	Place of Training:	
8:30 - 8:45 Registration	Immaculate Conception Church.	
8:45 - 9:00 Welcome	130 1st Ave NE, Rice MN 56367	
9:00 - 11:45 Position Training		
11:45 - 12:30 Lunch	Questions/Information:	
12:30 - 3:00 Board Training	Contact: Heidi Westerlund	
3:00 - 3:15 Evaluation	cmvp@mnwt.org or 651-303-5964	



Aloha in Alexandria MNWT Annual 2018 May 18-20, 2018



<p style="text-align: center;"><u>Friday Night Luau</u></p> <p>Join us Friday night in your favorite luau attire and get your hula on with the DJ. There will be games and drink specials for all to enjoy!</p> 	<p style="text-align: center;"><u>Saturday Luncheon</u></p> <p style="text-align: center;">Trio Salad Plate Includes Chicken Salad, Arrowwood Chop Salad (lettuce, bacon, bleu cheese, corn, black beans and avocado dressing), and Fresh Fruit <i>Or</i> Veggie Burger, Arrowwood Chop Salad (without bacon), and Fresh Fruit Both served with a mini croissant White Chocolate Raspberry Cream Cake</p> <p style="font-size: small;"><i>*Choose your meal choice below. No selection will receive Trio Salad Plate.</i></p>	<p style="text-align: center;"><u>Saturday Banquet</u></p> <p>Choice of Sautéed Chicken Breast* (sautéed chicken breast topped with basil, prosciutto & parmesan pepper cream sauce) <i>Or</i> Stuffed Portabella Mushroom</p> <p>All served with wild rice blend, chef's choice vegetable, warm rolls & butter Chocolate Cake or Vanilla Cheesecake</p> <p style="font-size: small;"><i>*Choose your meal choice below. No selection will receive Sautéed Chicken Breast.</i></p>
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Greek Broccoli Salad

This healthy broccoli salad recipe is packed with my favorite Greek flavors, including sun-dried tomatoes, feta or olives, garlic and lemon. It's really easy to prepare and holds up well in the refrigerator, so it's a great make-ahead side dish or potluck dish. Recipe yields about 4 side servings, so multiply if you're feeding a crowd.

Broccoli Salad

- 1 large bunch of broccoli (about 1 $\frac{1}{4}$ pounds), florets removed and sliced into small, bite-sized pieces
- $\frac{1}{3}$ cup roughly chopped sun-dried tomatoes*
- $\frac{1}{4}$ cup chopped shallot or red onion
- $\frac{1}{4}$ cup crumbled feta cheese or thinly sliced kalamata olives
- $\frac{1}{4}$ cup sliced almonds

Dressing

- $\frac{1}{4}$ cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon honey or maple syrup or agave nectar
- 1 clove garlic, pressed or minced
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon salt, more to taste
- Pinch red pepper flakes

Directions

- In a medium-sized serving bowl, toss together the broccoli, sun-dried tomatoes, shallot or red onion, feta or olives and almonds.
- In a small bowl, whisk together all of the dressing ingredients until emulsified. Drizzle the dressing over the salad and toss well.
- For best flavor, let the salad rest for 30 minutes before serving so the broccoli has a chance to marinate in the bold, lemony dressing.

