



# New Sociables

March 2024

Bloom where you are transplanted

## Lori Martz President's Message



### Walk and Talk Therapy

Twice a month I lead a group of women on a casual 2-mile walk called "Sole Sisters." Before we begin, I have made it routine to have the ladies stand in a circle facing each other. One-by-one, I introduce each person - first and last name. I try to do it without prompting or looking at the few name tags displayed. People are amazed at this name memory skill - and I've had fun with it. I also share if this is the person's first walk with the group, let them know if the person is a newbie to New Sociables, or if this person has joined again after a prolonged absence. The insight gives ladies an opener for conversation. Sole Sisters isn't simply about the walk: it's about small talk.

I recently read an article about "Walk and Talk Therapy" - a new method therapists are using instead of having sessions sitting in an indoor space. It explains that walking helps boost a person's mood. Throw talking into the mix and it engages several cognitive processes at the same time.

I acknowledge that Sole Sisters isn't the only New Sociables activity that can embrace the "Walk and Talk Therapy" model: Feed My Starving Children - talking while packing the food; Crafty Ladies - work on your project while engaging in conversation; Ziggy's Art Bus, Trekkers, Women on Wheels (if you're biking and talking side by side - watch out for those oncoming bikers)! Think of all the activities offered by New Sociables where conversation is the key even though it's labeled something else like 500, Bridge, Cribbage, Hand & Foot, and Mah Jongg. Have conversations with old friends and new friends while you're doing an activity. It's all good.

Website: [newsociables.org](https://newsociables.org)

Newsletter: [nsmonthlynews@gmail.com](mailto:nsmonthlynews@gmail.com)

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[cynthiamenas@gmail.com](mailto:cynthiamenas@gmail.com)

Patti Pronschinske



## March Speaker Emily Conroy

Women entrepreneurs in Tanzania, Africa, the power of sisterhood transforms communities.

Emily Conroy is the former CEO of World Encounter and currently the Chief Program and Client Experience Officer of WomenVenture and has spent the past 15 years crafting and implementing comprehensive and strategic approaches with Diversity, Equity and Inclusion (DEI) tools that facilitate large-scale, collaborative multi-stakeholder support from foundations, corporations, governments, and non-governmental agencies for innovative community initiatives within organizations like Boys & Girls Clubs of America and the University of Minnesota. Emily has demonstrated experience in transforming organizations, programs and services that are purpose-driven while economically impactful.

Emily has been surrounded by entrepreneurship her entire life, from growing up on a family dairy and crop farm in Western Minnesota, to becoming an entrepreneur and small business owner herself, launching Love & Cupcakes, LLC, and Conroy Consulting Group, LLC. She holds a bachelor's degree in Mass Communications/Broadcast Journalism & Psychology from South Dakota State University.

Outside of the workplace, Emily enjoys spending time with her son, being outdoors, and traveling. She sits on the school board of Monarch Montessori School, volunteers for a youth music and arts camp, and enjoys participating in a ladies' golf league throughout the summer.

## MEMBERSHIP NEWS

The fee for new members as of February 1, 2024, is \$20.

Contact information for these **New Members** can be found in the updated directory pdf:

Kay Brean

Julie Christensen

Pam Clark

Linda Fierce

Shelley O'Neill

Ann Prior

Connie Rutske

M. Mercedes Steinbauer

Colleen Timmons

Bonnie West

Mary Yates

Karla Zellmer Membership Chairperson

# Community Service

## SUNSHINE

- Provide a ray of sunshine in time of need
- For members recently hospitalized:
  - Provide a small meal
  - Run a quick errand
- Send greeting cards to members
  - Condolences
  - Get well
  - Encouragement
  - Milestone birthdays: 60, 70...
- Donate unused greeting cards and blank notecards at each meeting
- New volunteers always welcome

*If you know of someone in need of Sunshine, please let us know!*

Contact: Marvel Thorne 952 913 8504  
Barb Kloven 315 225 9662

## FEED MY STARVING CHILDREN

990 Lone Oak Rd Eagan

Friday March 08 9:30 - 11:15 am

*Note the change of time*

Website: [fmsc.org](http://fmsc.org)

Pack specially-formulated meals for malnourished children throughout the world

- Jobs for all capabilities (standing / sitting)
- Friends/relatives over 5 years old welcome
- Volunteers will receive email from FMSC

### February contribution

8 Volunteers packed 58 boxes = 12,528 meals = 34 children one meal/day for 1 year

Contact: Deb Lingen 952 239 2275



LEWIS HOUSE



360 Communities.

Help in the moment. Hope for the future.

Facility for women and children seeking shelter and support to rebuild their lives after leaving abusive situations.

### March requested items:

- Slippers (all sizes)
- Personal Hygiene Products (soap, shampoo, deodorant, toothpaste)

### Ongoing need:

- Cell phones
- Luggage: \*NEW ONLY\*
- Gift cards: small monetary value

Target	Gas	Amazon
Walmart	Cub	

→ Bring donations to monthly meeting

Contact: Cheryl Lauby 608 446 5142

Sandy Brown 612 418 0755

## Ziggy's Art Bus

Packing Event

Burnhaven Library

1101 County Rd 42 Burnsville

Tuesday March 26 1:00 - 3:00 pm

**\*\*This event is full-Thank you! \*\***

Volunteers pack art kits to be used by children with medical challenges and life-threatening conditions.

*Ziggy's operates solely on donations. Ways to help:*

- Volunteer to pack art activity kits (sign ups at meetings)
- Donation box available at Mar & Nov meetings (cash or ck made to Ziggy's Art Bus)
- Donate on their website: [ziggysartbus.org](http://ziggysartbus.org)

Contact: Charlene Ostendorf 952 994 3912

Please sign up each month to volunteer.  
Lists provided at monthly meetings.

## PARTY BRIDGE

Casper's Cherokee Restaurant  
4625 Nicols Rd. Eagan  
10:00 - 2:30 pm

- 3rd Monday
- Lunch break
- Signup required

Contact: Mary Gerenz 952 261 4614  
Fran Laufle 651 699 5042



# Cards & Games

## DUPLICATE BRIDGE

Casper's Cherokee Restaurant  
4625 Nicols Rd. Eagan  
10:00 - 2:30 pm

- 4th Monday
- \$1.00 for the kitty
- Lunch at restaurant
- Signup at monthly meeting

Contact: Lynda Freund 952 201 6589

## 500

Rascal's Bar & Grill  
7721 West 147 St. Apple Valley  
11:20 - 3:00 pm

- 2<sup>nd</sup> Wednesday (Sep - May)
- \$1.00 for prizes
- Lunch first
- Email sent week before play

Contact: Pat Lynam 218 839 7789  
Pat Steigerwald 612 518 9952

## HAND and FOOT

Ole Piper Restaurant  
16604 Cedar Ave S. Lakeville  
11:15 am

- 3<sup>rd</sup> Thursday
- \$1.00 to kitty: winner at each table
- Organize tables at 11:15; please be prompt
- Lunch midway
- 4 rounds
- No sign up necessary, just come and play

Contact: Jan Petermann 952 994 1879

## BUNCO

Ole Piper Restaurant  
16604 Cedar Ave S Lakeville  
11:30 am

- 2<sup>nd</sup> Tuesday (Sep - May)
- Easy dice game, no skill needed
- Break for lunch
- Refrain from wearing scent due to allergies

Contact: Linda Neubauer 952 432 8516



## MAH JONGG

Ole Piper Restaurant  
16604 Cedar Ave S. Lakeville  
11:00 - 3:00 pm

- 1<sup>st</sup> Thursday and 3<sup>rd</sup> Tuesday
- Enjoy lunch
- No signup since reservations not required
- All levels welcome

Contact: Betsy Nurmela 906 475 9569  
Dee Goetzke 612 702 5900

## CRIBBAGE

Starbucks at Kowalski's Market  
1646 Diffley Rd Eagan  
February 7th 10:00 - 12:00 pm

- 1<sup>st</sup> Wednesday (Sep - May)
- Bring a cribbage board if possible
- Easy game to play

Contact: Judy Rau 651 600 5813  
Cindy Manwarren 612 201 5784



Visit the table at each monthly meeting: add your name to lists for activities and email notifications

## SHARE A RECIPE

March 27<sup>th</sup> 12:00 pm

Hostess Dianne Fields 952 201 2282  
5300 132<sup>nd</sup> Street W Apple Valley

Theme: **Anything Green**

- 4<sup>th</sup> Wednesday (except November)
- "Foodies" to sample and share a recipe
- Hostess selects a theme
- To cover costs of sending recipes via USPS bring:
  - \* SASE (legal size)
  - \* copy of recipe
  - \* \$1.00 for copying costs
- Volunteer to host at your home
- Good food, good conversation, good friendship

Contact: RuthAnn Miller 507 461 0074  
Joanie Rockvoy 651 485 7778

## CRAFTY LADIES

March Hostess Cheryl Lauby  
15129 Crestview Circle Rosemount

- 2<sup>nd</sup> Thursday
- Work on current art or craft
- Share your project, technique or skill
- Members are great for roadblocks, ideas, and questions
- All are welcome

Contact: Lisa Boerboom 651 262 6892  
Sonia Aamodt-Schulz 612 710 3003

# Hobbies & Crafts

## BOOK GROUP

*The Book of Lost Names*

by Kristin Harmel

Discussion Leader: LaVonne Harrer

- 4<sup>th</sup> Thursday
- Choose books as a group
- Whether you've read the book or not, please come for our lively discussion
- Upcoming books can be found on the NS website

Contact: Judy Rau 651 600 5813

Deb Lingen 952 239 2275

**11:00 am** Social

IWA Sushi 7781 Amana Trail IGH

**12:30 pm** Discussion

Inver Glen Library 809 Blaine Ave E IGH

**LOOKING AHEAD:** *Book Exchange in April! Start making space on your bookshelves and plan to bring books you'd like to trade at our exchange (or donate to the Dakota County Libraries for their fundraisers.) Details in the April newsletter.*

# Outdoors

## WOW: Women on Wheels Looking forward to Spring!

- Every Wednesday
- 15-20 miles round-trip
- Twin Cities and surrounding area
- All abilities are welcome
- Standard and e-bikes
- Email on Sunday with route and details
- Lunch after biking
- Weather permitting

Contact: Dee Petersen 612 709 0892  
Sonia Aamodt-Schulz 612 710 3003

## SOLE SISTERS

- 1<sup>st</sup> Friday and 4<sup>th</sup> Tuesday
- 2-mile distance
- Urban walks
- Explore historical areas, hidden gems, neighborhoods, and parks of the metro
- Learn historical background and amazing facts
- Walk indoors during inclement weather
- No pre-registration
- Email 2-4 days prior: location, date and time

Contact: Lori Martz 612 366 2243

## GOLF

### On the 19<sup>th</sup> Hole until Spring

- Every Thursday
- Summer League: late May - early August
- Spring and Fall play also available
- Weather permitting

Contact: Jeri Ganz 612 710 4900

## TREKKERS

**Cleary Lake Regional Park**  
18106 Texas Ave Prior Lake  
**March 13 Time: TBD**

**Lebanon Hills Regional Park**  
Exact starting location in park TBD  
**March 21 Time: TBD**

- Twice a month: dates vary
- Metro area and region
- Hike in spring/summer/fall
- Snowshoe or hike in winter
- Emails prior to each hike with details

Contact: Claudia Miller 952 237 8174  
Bev O'Connor 612 309 1665



Trekkers enjoying our February snow fall!

Browse clipboards at monthly meeting: add your name if you are not already on the email

# Urban Views

## LUNCH ADVENTURES

**DeGidio's Restaurant & Bar**  
425 7th St W St Paul  
March 20<sup>th</sup> 11:00 am

- Experience various venues in metro
- 3<sup>rd</sup> Wednesday (Sep - May)
- Socialize with old and new friends
- Pay driver \$3.00 if carpool
- Form own carpool

Contact: **Susan Marlow** 612 961 1891  
Judy Rau 651 600 5813



## HAPPY HOUR

**Tavern Grill**  
15435 Founders Ln Apple Valley  
March 11<sup>th</sup> 3:00 pm

- 2<sup>nd</sup> Monday
- Spend time with friends, old and new
- Gather at various sites in metro
- Watch for email invitation/RSVP!

Contact: **Deb Lingen** 952 239 2275  
**Elaine Barthelemy**  
elaineab@yahoo.com

## LUNCH with the BUNCH

**Fireside Lounge Bar & Restaurant**  
3410 150<sup>th</sup> St. W Rosemount

- After monthly meeting on 1<sup>st</sup> Mon (Sep-May)
- Attendees counted at each meeting
- Gather with long-time friends
- Strike up a conversation with somebody new

Contact: **Chris Johansen** 612 396 7512  
**Genevea Meives** 952 392 8120  
**Nancy Fossum**

## Out & About

**Saint Paul Civic Symphony**  
King of Kings Lutheran Church  
1583 Radio Drive Woodbury  
Sunday March 17<sup>th</sup> 3:00 pm  
(meet in lobby at 2:30 pm, free event)

### Outings include:

- Theatrical performance
- Musical production
- Choral concert
- Speech team presentation
- Sign up is not required

Event Leaders: Linda Swanson, Laura Klapperich, Naome Pregler, Barb Jensen, Sue Murray

Contact: **Linda Swanson**  
612 703 1044  
[cas49@aol.com](mailto:cas49@aol.com)

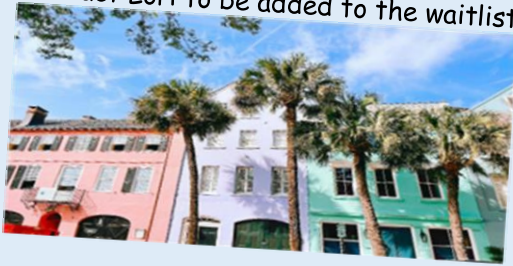
## GIRLFRIEND GETAWAYS

### Charleston, SC

Date: Sunday-Thursday June 9-13 2024

Trip has reached maximum capacity

Contact Lori to be added to the waitlist.



- Travel is an amazing experience!
  - Visit destinations, near and far
  - Multiple days
  - Fill your life with memories, fun, and friendship
- Contact: Lori Martz 612 366 2243

## TOURS

### 29th Annual Star Quilters Show

Dakota County Historical Society Museum

130 3rd Ave N So St Paul

Friday March 29<sup>th</sup> 10:30 am

- Visit landmarks, museums, sites
  - Twin Cities area
  - Lunch after
  - Please reimburse driver \$5 plus parking (driver does not pay for parking)
  - If form own carpool, inform activity leader
- Contact: Judy Rau 651 600 5813

# Urban Views (cont.)

## LET'S GO!!

- Pop-up events
- Dates and times vary
- Event information emailed to all members!

Contact: Barb Jensen 952 881 0231

Recent events:

Sep 14 Mn Zoo Tree Top Trail

Oct 20/Nov 16 Hockata Ti Museum

Oct 23 Life in an American Concentration Camp (SALT talk)

Dec 28 Boys in the Boat movie

Jan 27 Northwest Airlines Museum



Let's GO!! Visited the Northwest Airlines Museum and enjoyed the memorabilia of days gone by.





# Urban Views (cont.)

## TOURS

### MINNESOTA SUPREME COURT WITH JUSTICE BARRY ANDERSON

25 Rev. Dr. Martin Luther King Jr. Blvd St Paul  
Friday, April 5 Tour - 10:00 am

**NOTE:** *There is a significant "Wait List". You will receive an email confirming your space but IF YOUR PLANS CHANGE, please email Deb Lingen immediately so we can offer your place to someone else!*

Interested in a behind-the-scenes look at Minnesota's Supreme Court? Our tour will include everything from the law library and other areas of the Court in the "new" Judicial Center through the connecting tunnel to the Court's spaces in the Minnesota State Capitol building. **(NOTE: There will be some walking involved with this tour.)**

Retiring Associate Justice G. Barry Anderson has graciously agreed to lead our tour. Justice Anderson has seniority on our state's Supreme Court, having served since his appointment in 2004. With his unique perspective, vast knowledge, and friendly demeanor you'll enjoy learning about the inner workings and physical attributes of Minnesota's Supreme Court and judicial system.

**Please form your own carpools.** If you are unable to form a pool you may meet up with others at Emagine Theater located at 2055 Cliff Road in Eagan, leave by 9:15.

Once in the city parking is available on the street as well as in the Centennial Ramp across from the Judicial Center. There are several other lots in the vicinity.

**For the tour, come together in the lobby of the Minnesota Judicial Center** at 25 Rev. Dr. Martin Luther King Jr. Blvd., across the street to the southeast of the Capitol in St. Paul. Justice Anderson will meet us in the lobby and the tour will begin promptly at 10:00am. Following the tour, you may choose to eat at one of several nearby restaurants, as your carpool group prefers. **NOTE: you will need to pass through security.**

Signup sheet will be available at the general meeting. Contact Deb Lingen or Judy Rau with questions.

## Blended 和 (Harmony): The Kim Loo Sisters

May 9, 2024  
History Theatre  
30 E. 10th St, St. Paul  
9:30 am lobby Play: 10:00 am  
\$30.00 Non-refundable

Making their way from Minneapolis to the flashing lights of Broadway in the 1930s, experience the story of the remarkable *Kim Loo Sisters*. Starting at a young age this quartet gained popularity during the swing era and performed across the country, on the silver screen of Hollywood, and overseas at USO shows. This new musical is an homage to family, love, their Chinese - Polish American heritage, and the bond of these talented sisters through their lives on and off the stage.

Seats will be assigned the day of the performance first come, in no specific order. I will try to keep groups together. Payment due no later than April 1st. You are not guaranteed a seat until payment is received. Make checks payable to Judy Rau. Arrange carpools or if unable to join a carpool please contact me.

Judy Rau  
Tours chairperson  
[judyarau@yahoo.com](mailto:judyarau@yahoo.com)  
651-451-7215(h)  
651-600-5813 (c)

## EVENT PLANNING

**Do you know what special treats were first introduced in the 1920s?**

The answer will be revealed at the next EVENT Wednesday, June 5, 2024

Refer to the last page of this newsletter for all of the details and make your reservation!!

Event Chairs: Joyce Swedean & Jacquie Schroeder

# Monthly Meeting

Peace Church  
2180 Glory Drive Eagan  
1<sup>st</sup> Monday (Sep - May)

- 8:15 am Board Meeting (open to all members)
- 9:15 am General Meeting with guest speaker

## Bring to each meeting:

- **Nametag:** contact greeters to order
- **Coffee mug/water bottle**
- **Enthusiasm to mingle and meet**

## GREETERS

- Welcome everyone at the door
- Yellow daisy sash wearers guide guests and new member
- Order nametags for members who request
- Mingle with attendees

Coordinator: Jeri Ganz 612 710 4900  
Susan Speetzen 612 747 0846

## 50/50

- Purchase tickets prior to each meeting
- 5 / \$1.00 cash only
- Please bring \$1.00 bills or small denominations
- Winner receives half the pot

February winner: May Tice \$62.50

Coordinator: Judy Holmquist 952 457 9724  
Barb Hickman 612 254 5914

## INFORMATION

**Membership directory:** phone number, email address, and mailing address  
refer to electronic version in email with newsletter each month for current directory

**Board Members:** refer to website

**Activity/committee leaders:** refer to website

**Newsletters:** Current and past, refer to website

## New Member Garden Party

**ATTENTION! Save the Date**

Applewood Pointe Great Room Apple Valley

Thursday April 25 Time TBD

Watch for your invitation in the mail to the New Member Garden Party. This event is for new members joining New Sociables between Sept 2023 and March 4, 2024. Hope to see you there!

Your Hosts, the executive board

## HOSPITALITY

- Volunteer to bring snacks to a meeting
- Sign up at snack table
- Bring 4 dozen goodies
- Beverages provided

Thank you to the February snack providers.  
March treats will be provided by: Leslie Schwankl, Claudia Casey, Karen Murray, Pat Jurusik and Diane Sears

Coordinator: Linda Leach 425 444 2613

# heART Speaks...

Sue Murray 612 812 3958

[smurray@aol.com](mailto:smurray@aol.com)

Venmo @susan-murray-171  
3783 Linden Lane, Eagan, 55123

**March 9, 2:00 pm**

**The Front Porch Players presents Murder on the Orient Express** at the Steeple Center in Rosemount. See our own Claire Ramsey on Lights, yes, she is running THE Stage Lights! Payment of \$15 dollars is due no later than February 8. Friends and Family are welcomed to attend. Join us at The Fireside, 3410 150th St West, Rosemount. 55068, for a light supper after the play. (close but you do need to move your car)

**March 21, 11:00 am**

**MN Orchestra, Dvorak Symphony NO.8**, coffee concert at Orchestra Hall. I have the tickets for those who have paid and reserved. I will communicate by email regarding times and carpools.

**March 15, Session(s): 9:30 am and 1:30 pm Event full**

**Saori Weaving with Chiaki O'Brien.** Two classes, on Friday March 15 at the Galaxie Library in Apple Valley. 20 women signed up between the morning and the afternoon sessions, 3 hours each. Fee of \$45, I am accepting payment now. Chiaki teaches many places around the country, is trained by the masters in Japan. Bring your own covered beverage, Sue will provide a light snack.



## Goldstein Museum of Art & Design Private Tour

U of M St Paul Campus NcNeal Hall

1985 Buford Ave St Paul

April 19<sup>th</sup> 10:00 am

Jean McElvain, PhD, Interim Director and Associate Curator and Lecturer will speak with us about the evolution of midcentury fashion, beginning with the flappers of the Roaring 20's to the athletically minded women of today, pulling items from the extensive archives. We will hear how European fashion influenced our American trends in fashion thru the decades. This will be approximately 45 min, seated in a meeting room. (yes, we are at a school!)

Carpool from Eagan to the University. Lunch as the group desires.

The tour is free but an Honorarium to the Goldstein Museum to support its work is appreciated.

Contact Sue Murray after March 1 or sign up at the March meeting. Limit of 29. Sue will communicate with those who sign up to finalize plans.



## Fooling the Eye: Optics of Vasarely and Kuhn

Cafesjian Art Trust (CAT)

4600 Churchill Street Shoreview

May 3rd 10:00 am

This exhibit explores the use of optics and perception through the artwork of Victor Vasarely and Jon Kuhn. Through the use of shading and linear elements, these ingenious works play with the illusion of movement and the relationship of color and light.

Our tour will be led by Andy Schlauch, CAT's executive director, who before coming to CAT, directed the Chihuly Collection and Morean Glass Studio. He knows the art, the people and has the stories! Some of you have met him at our first tour.

Carpool from Eagan to the University. Lunch as the group desires.

The tour is free but an Honorarium to the Goldstein Museum to support its work is appreciated.

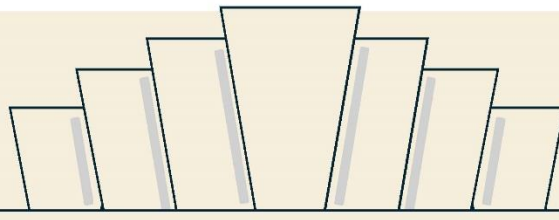
Contact Sue Murray after March 1 or sign up at the March or April meeting. Limit of 24. Sue will communicate with those who sign up to finalize plans.

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sole Sisters	2
3	4 General Meeting  Lunch w/ the Bunch	5	6 Cribbage	7 Mah Jongg	8 FMSC	9 heART Speaks- Play
10	11 Happy Hour	12 Bunco	13 500 Trekks	14 Crafty Ladies	15 heART Speaks- Weaving	16
17 Happy St Patricks Day  Out & About	18 Party Bridge	19 Mah Jongg	20 Lunch Adv	21 Hand&Foot  Trekks  heART Speaks- MN Orchestra	22	23
24	25 Duplicate Bridge	26 Ziggy's  Sole Sisters	27 Share a Recipe	28 Book Group	29 Tours-Quilt Show	30
31						



heART Speaks Glass fusing creations!



**NEW SOCIABLE MEMBERS ARE INVITED TO STEP BACK IN TIME TO THE**

## **ROARING TWENTIES ERA**



**WEDNESDAY, JUNE 5, 2024**

**THE LOST SPUR GOLF AND EVENT CENTER  
2750 Sibley Memorial Highway, Eagan**

**SOCIAL HOUR BEGINS AT 11:00 AM**

### **ITALIAN LUNCH BUFFET AT NOON**

Caesar Salad	Italian Sausage & Beef Lasagna
Green Beans	Chicken Marsala
Garlic Bread	Beverages

Please indicate special dietary needs with reservation.

**ENTERTAINMENT  
SONGS FROM THE 20'S  
and  
GANGSTERS AND GRAFT PRESENTATION**

**SPECIAL TREATS and DOOR PRIZES**

**1920's attire is welcome!!**

**COST: \$27.00  
(Exact cash or check to New Sociables)**

We will take reservations at the March, April, and May  
General Meetings or you can mail your check to  
Joyce Swedean, 1535A Clemson Drive, Eagan, MN. 55122

**RESERVATIONS MUST BE RECEIVED BY MAY 22, 2024**



*Joyce, Jacqie, Charlene, Diane, Sue, and Jodi hope to see you there.*