



New Sociables

Bloom where you are transplanted

September 2023

President's Message



September is quickly approaching. How the summer flies by! I joined New Sociables in 2018 as a guest of Joyce Huff. As the new President, I'd like to introduce myself. I was born and raised in Fargo, ND (I know we have several New Sociable ladies from ND). I put myself through college working as a cake decorator. I attended NDSU and Moorhead State getting a degree in Speech Pathology. Did I ever use the degree? No, my life went other directions... mainly south. I moved to Florida and ran a cake decorating and candy making supply store, taught classes in such, and had a booth at the Florida Strawberry Festival for over twenty years dipping fresh strawberries in chocolate! Windsurfing in the Gulf of Mexico was a pastime at that stage of my life. My first husband and I moved to the Twin Cities to be closer to relatives. I worked for many years in the office of the Minnetonka Police Department. In 1997, I was hired as a tour director for a local travel company and remain in that position today. My current husband, Ted, and I met on E-Harmony.com and have been happily married for 17 years. We have a cat, Winston, and recently adopted our second rescue dog, Mona, a mini-Golden Doodle.

(Continued on page 2)

Speaker Spotlight

THERE SHE GROWS

Stop trying to find yourself and find your heart



Tiffany Mattick's entire life changed the moment she stopped trying to find herself and started being herself. She spent 25 years working for a large, global corporation – and she often found herself unfulfilled, burned out and wanting more. By leaning into what she loved about human potential, she transformed her career from Tech to HR and traveled the world, empowering leaders to create a more human-centered approach to shaping culture.

Tiffany, CEO/Founder of *There She Grows*, guides groups and organizations through experiences that transform their connections to themselves and each other. These experiences empower individuals and teams to tap into their human potential, find fulfillment and enjoy greater success.

As a coach, speaker, and thought leader, Tiffany is on a mission to restore what's too often suppressed in the workplace: **heart**. As a purpose-driven small business owner, she finds happiness laughing with her adult children, boating with her husband and sharing her office with her crazy-large, Bernedoodle lap dog, Willow in St Paul.

To thrive during times of change and the normal stresses of life, it's critical to pause long enough to recognize what's working and what's not. During this session:

- Assess your current level of well-being
- Learn key tools to use every day to manage the ups and downs of life for yourself and those around you.
- Connect with others to discuss tips and ideas for getting back on track and thriving in our changing world.
- Be inspired and empowered to take action on what you want most in your life.
- Expect a highly engaging and interactive experience where you will be inspired by real-life stories and leave motivated to take action to navigate life in this ever-changing world.

Need to know...

MEMBERSHIP ALERT !

Welcome to another year of New Sociables activities and events! A big "thank you" to Cindy Manwarren for all her advice and guidance as I take over the Membership chairperson role.

There is a new combined **Registration/Liability Waiver Form** that all members will be required to sign and submit with **\$40** membership dues.

This form is available:

- Attached to this newsletter
- At the September meeting
- Download from newsociables.org

Scroll down to

Registration Form and Liability Waiver

Submitting the form:

- Complete and bring to September meeting
- Mail along with dues to Karla Zellmer (address in membership directory)
- Checks payable to "New Sociables"

DUE DATE: October 10

All timely registrations will be included in the printed 2023-2024 Directory.

Directories will be distributed at the November meeting.

I appreciate your patience and support as I step into this new role.

Karla Zellmer
Membership Chairperson

President's Message

(continued)

Important Board Decisions

August 2023

- Dues will be \$40.00 for 2023-2024
- A "**Waiver & Release of Liability**" to be signed on each membership form
- Sunshine Committee will no longer provide rides to medical appointments
- Privacy issues: website and newsletter will no longer contain personal information such as phone numbers, addresses or email. Use your membership directory.

Lori Martz
President

Lewis House Special Request

Collect Cub Foods "KitchenAid® Cookware" promotion stamps to earn cookware for Lewis House residents. Receive a stamp for every \$10 purchased. Collection at each monthly meeting through November or mail to
Cheryl Lauby Sandy Brown.
The "little things" can sometimes mean so much.

WEBSITE:
New Sociables
www.newsociables.org
Webmaster: Cindy Menas

NEWSLETTER
Email address:
nsmonthlynews@gmail.com
Editors: Patti Pronschinske
Sandy Sathre

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

Contact: Marvel Thorne
Barb Kloven

Community Service

Ziggy's ART BUS

Burnhaven Library
1101 Cty Rd 42 Burnsville
November 17

Website: ziggysartbus.org

Bring joy to children with medical challenges
and life-threatening conditions

- Pack art activity kits
- 3 packing events planned for 2023-24

Contact: Charlene Ostendorf
Mary Preusser



LEWIS HOUSE

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

September requested items:

- school supplies and backpacks

Ongoing need:

- Cell phones
- Luggage: new/like-new
- Gift cards: small monetary value
 - Target Gas Amazon
 - Walmart Cub

→ Bring donations to monthly meeting

May donations:

- 4 carloads of kitchen items
- \$95 in cash /gift cards

Contact: Cheryl Lauby
Sandy Brown



FEED MY STARVING CHILDREN

990 Lone Oak Rd Eagan
Fri Sep 8 9:00 - 10:45 am
Website: fmssc.org

Contact Deb to sign up for September since it is
before the monthly meeting

- 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

May contribution

100 boxes = 23,409 meals
provides 63 children one meal/day for 1 year

Summer contribution:

214 boxes = 46,214 meals
provides 127 children one meal/day for 1 year

Contact: Deb Lingen

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

Cards & Games

PARTY BRIDGE

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

- 3rd Monday
- Lunch break
- Signup required

Contact: Mary Gerenz
Fran Laufle



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

BUNCO

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

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

Contact: Linda Neubauer



500

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

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

Contact: Pat Lynam
Pat Steigerwald

HAND and FOOT

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

- 3rd Thursday
- \$1.00 to kitty: winner at each table
- Organize tables at 11:15; please be prompt
- Lunch midway
- 4 rounds

Contact: Jan Petermann

MAH JONGG

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

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

Contact: Betsy Nurmela
Dee Goetzke



CRIBBAGE

Starbucks at Kowalski's Market
1646 Diffley Rd Eagan
10:00 - 12:00

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

Contact: Judy Rau
Cindy Manwarren



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

Hobbies & Crafts

BOOK GROUP

Horse by Geraldine Brooks

Discussion leader needed

11:00 Social

Andiamo

1629 Lena Ct Eagan

12:30 Discussion

Westcott Library

1340 Westcott Rd Eagan

See Events & Adventures page for two upcoming activities

- 4th Thursday
- Choose books as a group
- Whether you've read the book or not, please come for our lively discussion

Contact: Judy Rau
Deb Lingen

CRAFTY LADIES

- 2nd 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
Sonia Aamodt-Schulz

SHARE A RECIPE

Jan Matulka: Hostess

Your Family's Favorite Recipe (theme)

September 27 12:00 n

- 4th Wednesday (except Nov and Dec)
- "Foodies" to sample and share a recipe
- Hostess selects a theme
- Christmas Cookie Tea: Fri Dec 15
- 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
Joanie Rockvoy



Add your name to the activity list at the monthly meeting if you are not receiving emails

Outdoors

GOLF

Birnamwood Golf Course

12424 Parkwood Dr. Burnsville

- Every Thursday at 9:00 am
- Summer League: late May - early August
- Spring and Fall play also available
- Weather permitting

Contact: Jeri Ganz

WOW: Women on Wheels

- Every Wednesday at 10 am
- 15-20 miles round-trip
- Twin Cities and surrounding area
- All abilities are welcome
- Standard and e-bikes
- Fall excursion
- Email on Sunday with route and details
- Lunch after biking

Contact: Dee Petersen

Sonia Aamodt-Schulz



TREKKERS

Whitetail Regional Park

3456 Hills Rd

Nature Center: gathering spot

Sept 14 8:30 am

William O'Brien State Park

16821 O'Brien Trail North

Sept 29 9:30

Main entrance parking lot near Interpretive Ctr

- Twice a month: dates vary
- Metro area and region
- Hike in spring/summer/fall
- Snowshoe or hike in winter

Contact: Claudia Miller

Bev O'Connor

SOLE SISTERS

- 1st Friday and 4th 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

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

Urban Views

LUNCH ADVENTURES

Pier 500

500 1st St. Hudson

Sept 20 11:00 am

Carpool: Emagine Theater: 10:15



Tempt you with a chef driven, house-made menu
in the heart of St Croix Valley
www.pierfivehundred.com

- 3rd Wednesday (Sep - May)
- Experience various venues in metro
- Socialize with old and new friends
- Pay driver \$5.00 if carpool
- If form own carpool, inform Judy

Contact: Judy Rau

LUNCH with the BUNCH



14400 Buck Hill Rd Burnsville

Mon. Sep 11 - note date change

Festive vibe serving American fare

tgifridays.com

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

Contact: Chris Johansen

Nancy Fossum

Geneva Meives

HAPPY HOUR

Porter Creek Hardwood Grill
1402 Burngarten Dr Burnsville
Mon. Sep 18 3:00 pm
note date change

- 2nd Monday
 - Spend time with friends, old and new
 - Gather at various sites in metro
 - Watch for email invitation/RSVP!
- Contact: Elaine Barthelemy
Deb Lingen

LET'S GO !!

- Spontaneous!!
 - Pop-up events
 - One-time occasions
 - Twin Cities area
 - No set schedule
 - Watch email for what's happening!
- Contact: Barb Jensen

TOURS

Goldstein Design Center
Dedicated to the value of design through its
34,000 multidisciplinary objects
1985 Buford Ave
Falcon Heights: U of M campus
Oct 6 11:00 am
10:15 carpool @ Emagine Theater, Eagan

- 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

DON'T FORGET: Some activities require monthly sign-up. Browse the table. Snap a photo with your cellphone as a reminder.



Monthly Meeting

Peace Church
2180 Glory Drive Eagan
1st Monday (Sep - May)

- Sept 11: change of meeting date due to holiday
- 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
 - Smile

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

May winner: Sally Kaiser: \$59

Coordinator: Barb Hickman
Judy Holmquist

GREETERS

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

Coordinator: Jeri Ganz
Susan Speetzen

HOSPITALITY

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

Coordinator: Linda Leach

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

MEMBERSHIP UPDATE

New Members:

- Linda Balder
- Melody Bialke
- Avis Moore

Refer to the membership directory for updated information

Events & Adventures

Let's GO! and heART Speaks
invite you to a joint outing where
art and culture intersect

Hocokata Ti Museum

2300 Tiwahe Circle Shakopee
October 20 10:00 am



Visit the Hocokata Ti Museum for a private tour of the exhibit Mdewakanton: Dwellers of the Spirit Lake. Learn about the Dakota people, their art and their history through interactive elements and a cultural interpreter. We will have a catered lunch with indigenous touches. Following our tour, our very own talented and knowledgeable **Barb Jensen** will be available to answer questions about the exhibit and Dakota history in the Shakopee area.

- Carpool from Eastern Burnsville. Exact time and place TBD
- \$7 tour and admission (apx.)
- \$12 lunch
- Sign up now until full or October 4. Capacity is 30 members. This will be a members only event unless space remains at which time visitors may sign up as well.

Reservations will be handled by
Sue Murray.



HOLIDAY TEA

December 6 11:00 am
Lost Spur Golf & Event Center
2750 Sibley Memorial Hwy Eagan

- Table hostesses needed; sign up at Sept meeting or contact **Charlene Ostendorf**
- Registration form will be in October and November newsletters

Event Planning: Joyce Swedean
Jacquie Schroeder

heART Speaks... Cafesjian Art Trust "Highlights" exhibit

Contemporary and modern art collected by
Gerard Cafesjian

Who is Gerard?

https://en.wikipedia.org/wiki/Gerard_Cafesjian

4600 Churchill St Shoreview

Sept 15 10:00 am

- Limited tickets available: no charge
- Text or email Sue Murray to reserve
- Sept 12 deadline
- Carpool: 9:10 am meet at Q'Doba
1298 Promenade Pl Eagan
\$3 to carpool driver
- Contribute to tour guide gratuity
- Lunch on your own

Contact: Sue Murray

Events & Adventures (cont.)

"Inspired by Books"

Minneapolis Institute of Art

2400 South 3 Ave

<https://new.artsmia.org/>

Tues Sept 26 at 11:30: guided tour

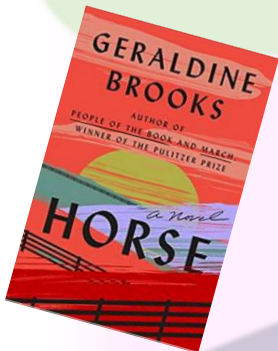
Discussion will be during Sept 28 book club

- All New Sociables members are invited
- *Horse* by G. Brooks, Sept book club selection will be featured
- Form own carpool and notify Deb L.
- Meet at Emagine Theater at 10:30 if you want to carpool

2055 Cliff Road Eagan

- Pay driver \$3.00 & split parking fees
- Each carpool makes own decision about lunch

Contact: Deb Lingen



GIRLFRIEND GETAWAYS

Watch for future scheduled trips

- Travel is an amazing experience!
- Visit destinations, near and far
- Multiple days
- Fill your life with memories, fun, and friendship

Contact: Lori Martz

"I am Betty"



History Theater

www.historytheatre.com

30 East 10 St St Paul

Thu Nov 30 at 10:00 am

\$32.00

Betty Crocker has shaped America's homes and appetites for over a century. Surprising to many, she was not a real person!

- All New Sociables members are invited
- Sign up at Sep and Oct meetings
- Checks for \$32 payable to Judy Rau
 - No later than October meeting
 - Ticket not confirmed until Judy is paid
- 9:00: Meet at Emagine Theater
 - if you wish to carpool
 - 2055 Cliff Road Eagan
 - \$3.00 to driver and split parking fee
- 9:30: Meet in the lobby of History Theater

As a radio and television personality, a letter-writing confidante, and a relatable icon, "Betty" has been a subject of both admiration and scorn as multiple generations have grappled with questions of women's role in American society. You'll catch yourself humming the memorable music and inspired to go home to bake something new!

Just "Add an Egg" this holiday season.

Contact: Deb Lingen

Judy Rau



NEW SOCIABLES

2023-2024 Membership Registration Form



Membership dues for the New Sociables 2023-2024 year are \$40.

Contact information for members who have submitted completed registration forms and dues by October 10, will be included in the New Sociables printed Membership Directory. The printed directory will be distributed at the November General Meeting. Subsequent, updated directories will be distributed electronically each month.

All phone numbers and email addresses will be used for New Sociables' communications only and will not be distributed outside our organization. Our Membership Directory is confidential and must not be used for promotion of business interests.

The completed Registration Form and a check made payable to NEW SOCIABLES, should be submitted to the Membership Chair, Karla Zellmer. Completed registration forms and \$40 checks can be mailed to: Karla Zellmer

NEW FOR 2023-2024: Members are required to sign a Waiver and Release of Liability (see below) as a condition of membership.

2023-2024 Waiver and Release of Liability

In consideration of the risk of injury while participating in any and all New Sociable Activities, and as consideration for the right to participate in Activities, I hereby, for myself, my heirs, executors, administrators, assignees, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in meetings or activities, and do hereby release and forever discharge the New Sociables board members, activity leaders, and members for any physical or psychological injury, including but not limited to illness, paralysis, death damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned meetings or activities, including traveling to and from an event related to activities.

Printed Name: _____ Date: _____

Signature: _____

...Please Print Clearly...

*Unless otherwise specified, information listed here **will be** included in the New Sociables Directory.*

Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

Date: _____ Returning Member: New Member: Cash: Check #: _____

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sole Sisters
	Note different date or special event			
4 *LABOR DAY*	5	6 WOW-Biking Cribbage	7 Golf Mahjong	8 *FMSC*
11 *Board Meeting* *Lunch w/the Bunch*	12 Bunco	13 WOW-Biking 500	14 Golf Crafty Ladies Trekks	15 heArt Speaks "The Cafesjian Art Trust"
18 *Happy Hour* Party Bridge	19 Mahjonn	20 WOW-Biking Lunch Adventures	21 Golf Hand & Foot	22
25 Duplicate Bridge	26 Sole Sisters MIA Tour	27 WOW-Biking Share a recipe	28 Golf Book Club	29 Trekks

FMSC is prior to the General Meeting- Contact Deb Lingen to sign up