



*Embracing Change
after 50*

A MESSAGE FROM THE STEERING COMMITTEE – **Survey Results**

In the June newsletter, the steering committee promised to recap the results of the surveys that many of you participated in. Below is a brief summary of what we learned:

- **Participation.** Steering committee members had phone conversations with 85% of our 40 members. 22 of our current members are brand new to TTN within the past year. 21 non-members participated in our email survey.
- **Learnings.**
 - Women are mainly finding us via internet research or friends who are part of TTN
 - Women are enjoying the new SIGS, meeting and getting to know each other at social activities, and learning at our education events
 - Women's availability to participate in activities and assume significant volunteer roles in TTN is impacted by demands on time from work, family, and other volunteer activities
 - Women would like the venues for our programs to be more suitable for the event focus
- **Next Steps.**
 - Send an email with additional details from surveys to all TTN members and contacts
 - Schedule time with members and others interested in TTN to discuss future of TTN in Minneapolis-St Paul
 - With the assistance of members, continue to grow membership, plan activities, and launch new SIGS

THE MONTH AT A GLANCE

JULY

Su	Mon	Tues	Wed	Th	Fr	Sa
					7	8
8 TED Talk SIG	9	10 Bk Discussion SIG	11	12 Urban Hike SIG w/M&M Lunch	13	14
15	16	17	18 Writer's SIG	19	20 New Member Orientation	21 Tea & Happy Things
22	23	24	25	26	27	28
29 Urban Hike SIG	30	31 Urban Hike SIG				

SAVE THE DATES!

Mix & Mingle Dates: Aug 9 & Sep (TBD)

Potluck Picnic: Aug 23 & Sep (TBD)

Potluck Brunch: Sep 8

TTN Women in Transition Workshop: Oct 6

MIX & MINGLE THIS WEEK!!
THURSDAY, JULY 12, 11:30am

**July Weekday Lunch Mix & Mingle with optional Urban Hike beforehand –
Thursday, July 12 - Hike at 10:30 AM and lunch at 11:30 AM**

Spring Café at Como Lakeside Pavilion
[1360 Lexington Pkwy N, St. Paul MN](https://www.springcafestp.com/)
<https://www.springcafestp.com/>

We know that some of our members prefer activities during the day. If you are available and interested, please join us for lunch at the Spring Café in Como Park. It has casual fare and is located right on Lake Como. Those interested in a walk around Como Lake prior to meeting for lunch at 11:30 should meet on the walking path at the south end of the Pavilion at 10:30.

Please contact Cyndy at clnelson03@gmail.com or 651-253-8736 for more information.

JULY 21 – SUMMER TEA

Join Twin Cities TTN women for “Tea and Happy Things” on Saturday, July 21st at 11:00am!

Hosts Terri Evans, Jane Carlson, and Bobbi Weber will serve a brunch that will include finger sandwiches, salad, delectable sweet treats, tea and other beverages. There will also be games and prizes, good conversation, and lots of “happy things”! If you have a short favorite poem that you wouldn’t mind sharing with the group, please bring that along to read as well!

Be sure to don your tea party hats and gloves for this event. “Pearls” will be provided! If you have a friend who is interested in TTN, please invite them as well.

This event will be held in an outdoor garden at the home of Terri Evans in St. Michael (4715 Nason Parkway, N.E., St. Michael, MN). Contact Terri at taevans1@charter.net if you have any questions.

We ask that you RSVP by Friday, July 13th for this event by going to the TTN website and registering: <https://www.thetransitionnetwork.org/minneapolis-stpaul/>.

Online WELCOME Orientation for New Members

Friday, July 20, 2018

Time: 12:00 - 1:00 PM Eastern Time

Location: Online Webinar

Registration Deadline: Wednesday, July 18, 2018

Contact: Jennifer Monahan

Email: info@thetransitionnetwork.org

<https://www.thetransitionnetwork.org/events/3083/natl/>

Save the Date! ***Sep 8 Potluck Brunch on Golden Lake***

Mark your calendar now for Saturday, September 8th - come to Debra Dorgan's home on Golden Lake for a potluck brunch. Relax, socialize with TTN women and guests, and enjoy a brief presentation on "Individual Wellness: What's missing from your wellness plan? YOU!"

Watch for more details next month.

Save the Date! **WOMEN IN TRANSITION WORKSHOP** **Saturday, October 6, 9:30AM-1:30PM**

Women In Transition (WIT) is an experiential half-day program designed to allow you to explore options and new possibilities, re-think your life and/or work, 'create your own "next steps" action and expand your networks. It will provide a guiding framework to understand the process of transition with structured discussions to encourage personal reflection and interactive learning. WIT is a signature program of TTN and will be led by Jean Palmer, from the Santa Fe chapter of TTN who has led this workshop many times.

Report on the June Potluck Picnic at Minnehaha Park

9 women enjoyed a delicious mix of homemade and purchased food at the beautiful Minnehaha Park. Although we were under the pavilion, we were happy that it didn't rain and some of us walked to the falls after the event. We were happy to welcome a new attendee, Connie, along with some newer members, and some women we haven't seen much recently. We had relaxed conversation as we got to know each other better.

TPG & SIG's

Special Interest Groups and Transition Peer Groups (these are available with paid membership only)

Just a friendly reminder: We always welcome new women to check out our SIGs along with our many social occasions and programs. Please remember that non-members are welcome to attend SIGs & TPGs for a maximum of two times after which, per national policy, it is required to become a member of TTN to continue SIG/TPG participation. Joining is easy and economical. Just go to the TTN website - [Click Here!](#)

Living with Purpose TRANSITION PEER GROUP

In celebration of summer, our group met at Como Park Pavilion. We started our meeting walking the labyrinth. The labyrinth represents a release from daily life to quiet our minds in order to open up to new insights and awareness. The final path of the labyrinth is a preparation to take our heightened awareness out into the world. We then proceeded to a picnic table outside Spring Cafe and each of us gave updates on our summer so far. Our group has decided not to meet in July and August and will reconvene again in September.

If you are interested in joining our peer group Living With Purpose or if you have ideas for another peer group, please contact Barbara. Your ideas, thoughts and questions are welcomed. Barbara can be contacted by email: Barbara.osullivan@hotmail.com or call or text (651) 983-7876.

URBAN HIKING SIG

**July Weekday Lunch Mix and Mingle with optional Urban Hike
– Thursday, July 12 - Hike at 10:30 AM and lunch at 11:30 AM**

Spring Café at Como Lakeside Pavilion
1360 Lexington Pkwy N, St. Paul
<https://www.springcafestp.com/>

We know that some of our members prefer activities during the day and we would like to combine our Urban Hike this month with our monthly M&M. So - please join us for lunch at the Spring Café in Como Park after our hike/walk. It has casual fare and is located right on Lake Como. Those interested in a walk around Como Lake prior to meeting for lunch at 11:30 should meet at the Pavilion at 10:30. Please contact Cyndy at clnelson03@gmail.com or 651-253-8736 for more information.

On Tuesday, July 31, we are going to try an evening hike led by Lisa Nabbefeld around Lake of the Isles. We will meet at 7:00pm by the park bench where Franklin Ave hits Lake of the Isles. And perhaps Lisa will take us to her favorite ice cream place – Joe Sebastians, afterward! If you are interested, please contact Cyndy at clnelson03@gmail.com or 651-253-8736.

Our hikes last about 60-90 minutes and we walk at a moderately brisk and steady pace. All are welcome to join us as we walk and talk. We sometimes end the hike at a local coffee shop/bar/restaurant for anyone that is interested. Dates and locations for hikes in August TBD. If you have questions or want to be included on emails, contact Cyndy at clnelson03@gmail.com or 651-253-8736.

On Saturday, June 2, Liz, Cathy, and Cyndy walked for an hour in the neighborhoods near the St Paul Cathedral. The rain held off until the very end of our walk. We saw many beautiful homes along our route including the home of F Scott Fitzgerald. Thanks to Liz for leading the hike with her expertise on the area. On Monday, June 18, as part of our picnic at Minnehaha Falls, four of us took a walk to view the falls. Water was flowing well and it is amazing to have such a beautiful place in the middle of the cities. There are longer hikes there that we could consider at a future date.

TED TALK SIG

As usual the TED Talk SIG took place on the second Sunday of the month in June. Jill Goski and Eleni Skevas attended. The topic was Restorative Justice. A second session on Restorative Justice will take place on the July 8 which is, you guessed it, the second Sunday of the month. Location: Roseville Library, Community Room, at the corner of Hamline and County Road B. Time: 2:00 to 3:30 pm.

It'll be fun if the TTN women who attend can stay for coffee at the Dunn Brothers attached to the Library. Jill and Eleni did meet for coffee after the last TED Talk and were joined by Kathy Ramundt, local activist and co-founder of Dogoodroseville, to brainstorm ideas for both her organization and TTN. Now THAT was a fun discussion.

The August TED Talk topic, on August 12, will be on American Naziism. Mark your calendars, please! Although registration is not required, please let Eleni Skevas (eskevs@yahoo.com) know if you are planning to come.

THEATER SIG

The Theater Sig is attending The Legend of Georgia McBride at the Guthrie on July 17th. Planning is currently taking place for the September outing.

If you are interested in adding your name to the SIG contact list for email communications about other upcoming Theater SIG outings, contact Eleni Skevas at eskevs@yahoo.com.

BOOK DISCUSSION SIG

Hi Everyone,

This is a reminder that the book club meets next Tuesday, July 10 at 6:30 p.m. at Teresa Wernecke's home in Roseville. Please call Jerris Heckler at 612-669-4655 or email at jerrheckler55@gmail.com to get address and to RSVP.

Theresa's house is on the right side of street. She has dormers and a gray garage door.

The book we will be discussing is "The Buddha in the Attic" by Julie Otsuka.

Any questions, please call Jerris Heckler at 612-669-4655 or email at jerrheckler55@gmail.com

ART APPRECIATION SIG

If you are interested in discovering more about the local art scene, join the **ART APPRECIATION SIG**. Together we will experience many types of creative expressions ie: paintings, pottery, sculpture, textiles.

We will enjoy refreshments before or after visits to galleries, museums, artist's studios and tours of architecturally interesting buildings. This SIG is for art appreciators- you don't have to be an artist! We usually will meet on weekday afternoons, occasionally an evening or Sat. Exhibits are FREE or low cost.

In **June**, 5 members saw the Minnesota Mosaic Guild show at the Edina Art Center and enjoyed an engaging visit over refreshments afterwards.

JOIN US: Tuesday, July 17th Sculpture Park at Franconia, Shafer MN, near St Croix River, an hour drive from Roseville. We will meet at the home of Tracey Baker at 11:30 and ride together to the park. Contact Tracey or JeNell if you plan to join us or have questions.

JOIN US: Wednesday, August 8th Bell Museum at the amazing new facility on the St Paul U of M Campus that opens on July 13th. Brings together science, art and the environment with a unique MN perspective. Admission charge. Meet at 1:00pm. 2088 Larpenteur Ave W, St.Paul

If you are interested in participating contact Tracey Baker 651-633-5213

tracey.baker@gmail.com or JeNell Jacobson 612-387-1336 jenell@jacobson.org

WRITER's SIG

The Writer's SIG met twice in June and already in July. But if you missed the July 2 meeting, we will be meeting again on Wednesday, July 18 from 10-noon. We currently are a group of 4 & welcome others who want to join us! Call or text Julie Efta for more information at 651.247.3054.

TTN Writer's SIG Overview

WHO

- Open to any and all levels of experience
- Regular attendance is not required (the host's meeting space will accommodate up to seven participants)

WHAT

The purpose of the Writer's SIG is to encourage, nurture, and foster writing and to provide a safe place for writers to be vulnerable

WHERE

NE Minneapolis, TTN member, Robin Getman hosts the meeting in her home; light snacks and beverages are provided

WHEN

- While there is no regular or "set" meeting date (participants plan and confirm upcoming meetings at each meeting) the group tries to meet every other week
- 10AM-noon (two hours)

HOW

- Each participant decides what she wants to write (short story, memoir, poetry, etc.) and her choice of writing may change from meeting to meeting
- When someone has a written piece she wants to share, she tells the group in advance of the reading what sort of feedback (if any) she wants from the group
- Most meetings, include a writing exercise for which someone from the group may provide a “prompt” question or statement
- Leadership is shared or rotated

NEW - MOVIE SIG!!!

Recently some members have indicated they would be interested in forming a Movie SIG. It makes a lot of sense. It's an appealing SIG because (1) movies are inexpensive and (2) unlike theater offerings, tickets can reliably be purchased at the door, and (3) movies are fun. The exact format of the SIG hasn't been determined. We could choose a standing date (say the second Saturday of the month) at the Riverside Theater, for instance, where tickets are just \$3.00 each, and just commit to gathering for the matinee whatever it is and then go across the street for coffee and a snack. Or we could individually join the Minneapolis Film Society and as a group attend one of their offerings once a month. Or we could just provide the distribution list of Movie SIG members to SIG members and shoot out an email when one of us is looking for a companion with whom to go see a movie. Or all of the above. And, how about this: a Oscar Party! Let Eleni Skevas know if you're interested and we can arrange an organizational meeting to come up with a format and a plan for leadership. Could be fun!

MEMBER IDEA!!! Check it out!

COMO PARK LAZY RIVER FUN

Interested in water exercise at Como Regional Park in St. Paul? The lazy river is open to water walking on Saturdays and Sundays this summer. Time: 9:30 to 11 a.m. (okay to leave earlier if needed) Lots of lounge chairs to relax and dry off in the sun as well. <https://www.stpaul.gov/departments/parks-recreation/aquatics/como-regional-park-pool>

Como Regional Park Pool | Saint Paul, Minnesota

Como Regional Park Pool is an outdoor water park offering a 25-yard, six-lane lap pool, aquatic zip line, climbing wall, diving board, lazy river and more.

www.stpaul.gov

If interested, e-mail Lisa Nabbefeld at lisanabb@hotmail.com!!

HAVE YOU “LIKED” OUR FACEBOOK PAGE????

<https://www.facebook.com/The-Transition-Network-MSP-Chapter-in-Formation-1611048649107709/>