



Living & Learning Fall State CIP 2017-2018

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Hello Living and Learning Members!

The first trimester certainly went by faster than I planned. You have been busy completing certifications and Personal Enrichment Courses. Keep up the great work!

Have you done an impromptu? Members can answer impromptu questions as an icebreaker at your chapter or district meeting. Another option is to have an impromptu certification night. Included in this CIP is a list of questions you can use.

During the first trimester, I attended the meetings in Districts 7, 10 and 11. I enjoyed meeting several of you on my visits. During my visits I spoke about the Living and Learning certification and in addition the USWT Personal Development and Health and Wellness certifications.

All the certifications are on the Living and Learning webpage on the MNWT website.

I look forward to receiving them in the mail.

At Winter State Convention, the Living and Learning area will be sparking and shining.

- Fellowship Service – Will be held on ***SATURDAY morning.***
- MNWT Effective Writing Competition – Winner will be announced during the luncheon.
- Outstanding Awards Banquet - Honoring deserving nominees.

. Help me meet my goal of 3 nominees in both Effective Speaking and Effective Writing. Together we will develop our talents in speaking, writing and other areas as you **Sparkle and Shine** with **Living and Learning.**

Friends in Women of Today,
Cindy Golbuff

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CERTIFICATION TIPS

The following certification items are on more than one certification form.

- Write an essay
- Be a member of another organization
- Visit a historical marker
- Attend a chapter, district or state Fellowship Service
- Reflect daily, or journal

District Challenge

The district with the highest percent of chapters participating in the Living and Learning programming area for 2017-18, will receive an incentive at Annual Convention 2018. This includes:

- Certifications
- PEP Courses
- Competitions
- Reporting

CERTIFICATIONS

Certifications are a great way to help keep you well rounded in your personal growth. The Living & Learning Certification is the only Minnesota certification we have and you can find it on the LL SPM page on the mnwt.org website.

The United States Women of Today have certifications that we promote as well. Personal Development and Health and Wellness, STEP 1-4, and others. You can find all these certification forms on the mnwt.org website under Book of Forms, on the left go to the form category and USWT forms will be on the bottom of the list, click and go. PDFs are available for you

MNWT COMPETITIONS

Effective Writing Winter State Convention

Topic: "Who has inspired you to Sparkle and Grow?"

Effective Speaking Annual Convention

Topic: "Who has influenced you the most?"

SAMPLE IMPROMPTU QUESTIONS

- What is your favorite season and why?
- A school memory you would like to share
- If you could be a cartoon character, who would you choose.
- Who is your mentor and what have you learned from them.
- If forced to eliminate every physical possession from your life with the exception of what could fit into a single backpack, what would you put in it?
- What advice would you to give your daughter /son or niece/nephew?
- Who are your heroes?
- You are a salesperson. Attempt to sell us the shirt you have on.

Thank you to those who sent in reports for first trimester.

Sheila McCabe – Burnsville

Brittany White – Savage

Rita Johnson – New Hope

Nancy Dvoracek – Anoka

Cindy Sanders – Duluth

Illeana-Maree Miller – Monticello

Beth Clifford – Coon Rapids

Jane Holmberg – St Cloud



PRESIDENTIAL SUCCESS BONUS POINTS Second Trimester

Presidential SUCCESS Bonus Points for Second Trimester

Submit a nomination for the Outstanding Young Adult, Outstanding Person with Developmental Challenges, or Lois M. Christensen Women Who Impact Award. (50 points)

and/or Sell 2 books of Raffle Tickets (\$100) for the MNWT State Ways & Means fundraisers. (50 points)

and/or Any chapter that becomes a member of the Empower the Future Fundraising Campaign during 2nd trimester. (See Foundation Committee Chair Person or CIP) (50 Points)

and/or

Sign at least two (2) new members during November Shine week of November 12-18 (50 points)

Maximum of 100 Bonus Points

NEW PEP COURSES

Improvise This: In this interactive course, attendees will learn what improvisation is and why it is a valuable skill for everyone, not just actors. Participants will also try a variety of improvisation exercises to help them start practicing their new skills.

Laughter Yoga (with DVD): In this course you will experience Laughter Yoga, an activity that is fun, uplifting, and anyone can do it. During the course we will watch a video and complete exercise as a group. You will also take home a handout to help you continue practicing by yourself and with your family.

Other Personal Enrichment Program Courses: The Chapter Service Center (CSC) has many pep courses available with videos for rent. Each rental is \$25 for materials up to ten people. Additional materials are \$0.50 per person. A full listing of video courses and other pep materials are available on the living & learning spm page on the mnwt website.

www.mnwt.org

USWT HEALTH AND WELLNESS

SECOND TRIMESTER CHALLENGE

Some great information from Samantha Mongold, USWT Health and Wellness Program Manager.

I believe no one can really be physically healthy until they are mentally healthy! So, I'm challenging you all to send this to your local contacts and get them to participate in Mental Health Observation Day, Oct. 10, and do the following:

What: Participate in Mental Health Observation Day (observed Oct. 10th)!

When: The month of October.

What to do:

Do something fun and relaxing with your chapter to support a calm and happy mind! "What should we do?" you may ask! Below are some ideas your chapter can do at a meeting or event during the month of October:

- Knit
- Watch a Comedy
- Color a Picture
- Yoga Circle or Meditation Hour
- Etc.

Have your chapters share in an email to me what they did by November 5th

hw@uswomenoftoday.org

USWT Health and Wellness Program Manager 2017-2018

Being Fit, Fine and Fun with Health and Wellness!

PERSONAL

DEVELOPMENT/STEP

USWT Personal Development Emphasis Month is September. By attending Fall State you can register for USWT Impromptu at Fall State for \$5, this is open to all members-

Are you attending Mid-Year Convention in Iowa?

Think about the possibilities...
What was your favorite vacation?
What do you admire in your Parents?
What was the worst meal you ever ate?

If you won the lottery, what would you spend it on?

Can you imagine talking about these or other topics and get an incentive for just doing it? Then join the impromptu competition!

Cost: \$5.00

Registration Deadline is September 29, 2017.

USWT President Challenge

Email President Nicky at president@uswomenoftoday.org. Tell her about you! Let her get to know you as a person and a member.

Minnesota Women of Today Important Dates

September 18-24 Women of Today Week

October 5-8 USWT Mid-year Convention

October 28 Make a Difference Day

November 1 Outstanding Award Nominations due

November 10 Mid-year Evaluations Due

November 12-18 Shine Week

December 15 USWT Effective Writing Essay

Contest Entries due to LL SPM

December 30 Second trimester renewals due