

Connect. Grow. Discover.

2019 FALL STATE CIP Living and Learning

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Hello Chapters and Districts,

It is hard to believe the 1st trimester already came to an end. We have had several members participating in the different living and learning challenges, thank you!

I will have a new Living and Learning challenge for second trimester so be sure to check it out in the information below. If you are promoting Living and Learning in your chapter I would love to hear about it. Send me off an e-mail letting me know what you are doing.

Don't forget to turn in those certifications. I have received a few for 1st trimester but hoping to get closer to my goal. My goals for this year are 75 certification for Living and Learning and Personal Development, 100 certifications for Health and Wellness and 5 Personal Enrichment Program (PEP) course certifications. Those are very achievable given the number of members we have.

Also, if you have not liked the MNWT Programming page, make sure to go on there and like it. There will be posts throughout the year promoting the Living and Learning area.

Sarah

Living & Learning encourages member's growth through four pillars

Spiritual

Encouraging building strong home & family life; attend a worship service or other spiritual growth activity such as meditation, learn about a religion; lead meeting invocation or benediction

Self-Improvement

Impromptu, Effective Speaking, Effective Writing competitions; Personal Enrichment Programs

Family & Friends

Family nights, share family activities, create a family tradition; learn about relationship building; create a family tree or research your genealogy, traditions or holidays.

Civic

Learning about history; participating in civic duties such as voting, environmental awareness, other cultures

MNWT Important Dates:

October

10.8 Outstanding Awards Webinar
10.10-13 USWT Convention
10.23 MNWT Webinar

November

11.9 Mid-year Eval Due
11.15 Early Bird Renewals
11.16 State Comm Meeting

December

12.15 Renewals Due
12.30 Membership Monday

January

1.5 Programming Report Due
1.5 Certifications Due
1.5 Project of Trimester Due
1.5 Effective Writing Essay
1.5 Success Due
1.23-25 Winter State Convention

CIP Highlights:

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Never regret a day in your life.

Good days give you
happiness, bad days
give you **experience**,
worst days give you
lessons, and best days
give you **memories**.

fb/LifeLearnedFeelings

Certifications can be completed anytime throughout the year. Activities on the forms need to be completed between May 1st 2019 and April 30th 2020. There are three different certifications that can be completed and they are found on the MNWT website:

- Living & Learning
- Personal Development
- Health & Wellness

Personal Development Certification Options:

- **Enter a writing or speaking competition:**
 - o You can do this in 2nd trimester, information is below!
- **Learn about the United States Flag:**
 - o The current design of the U.S. flag is its 27th; the design of the flag has been modified officially 26 times since 1777. The 48-star flag was in effect for 47 years until the 49-star version became official on July 4, 1959. The 50-star flag was ordered by the then president Eisenhower on August 21, 1959, and was adopted in July 1960. It is the longest-used version of the U.S. flag and has been in use for over 59 years. ~Wikipedia

A Legislative and Executive History of the Flag of the United States of America



"The Star-Spangled Banner"
1814

| | | | | |
|---|---|--|---|---|
| <i>The Flag Resolution</i> 2nd Continental Congress June 14, 1777 | <i>"The Second Flag Act"</i> 3rd Congress, 1st Session January 13, 1794 | <i>"The Third Flag Act"</i> 15th Congress, 1st Session April 4, 1818 | <i>Executive Order 1556</i> William Howard Taft June 24, 1912 | <i>Executive Order 10834</i> Dwight D. Eisenhower August 21, 1959 |
|---|---|--|---|---|

CourregesPC.com
Austin, Tx

2nd Trimester Living & Learning Challenge

There is a lot of personal value in doing self-reflection. Spend some time answering the question below. Send an e-mail to me at ll@mnwt.org letting me know that you did the reflection.

- **What are the unifying characteristics of the top 3 people I most want to emulate?**
 - o Whenever you are trying to determine your motivations for who you want to be, it helps to examine the people you most want to be like. Maybe they all share similar core values or world views.

MNWT Effective Writing Competition – Due January 5th

This year's topic:

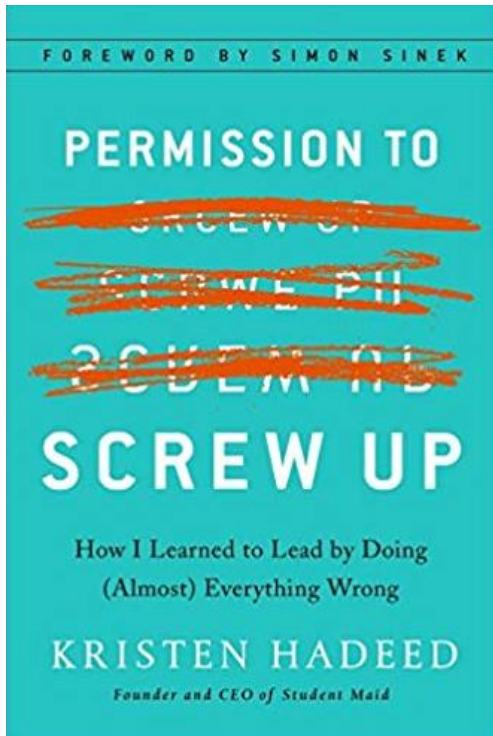
**What if the only way to add to your life was to subtract from it?
What would be the first 1–2 things that you would remove?
What would be the impact by removing them?**

Use this reflection to make sure that you are not just adding to your life as a way to get more out of it. Sometimes the fewer things you own; the happier you become.

11 unexpected benefits of simplifying and decluttering

1. Happier in your home
2. Better relationships
3. More happiness & patience
4. Less anxiety
5. More money & financial freedom
6. Less shopping
7. More freedom & opportunities for fun
8. More confidence
9. More present in your life
10. Start valuing experiences over “things”
11. More gratitude

<https://simpleionheartlife.com/unexpected-benefits-of-simplifying/>



2nd Trimester Living & Learning Book Read

- There will be a book discussion at Winter State Convention. If you can't attend convention no worries, we will have a zoom meeting going so you can participate from home!
- In January there will be discussion questions posted on the Living and Learning Facebook page that you can participate in
- **Everyone that participates in either the Book discussion on Facebook or Convention will be put in a drawing to win a copy of next trimester's book read.**

Personal Growth at Convention

- Fall State: **Impromptu Speaking Competition**, no prep work needed just show up
- Winter State: **Effective Writing**, there will be prep work needed. See page 3 for more details
- Annual Convention: **Effective Speaking**, there will be prep work needed. More details in my Winter State CIP

Thank You to the Following Members for Completing their Fast Start

Shanna Pratt – Aitkin
Nancy Dvoracek – Anoka
Arlene Prichett – Burnsville
Debby Manthei - Monticello
Carrie Vogel – Rice
Mahrya Johnson – St. Cloud

Thank You to the Following Members for Completing the 1st Tri L&L Challenge

Stephanie Putzier – Byron
Fawn Widman – Sauk Rapids
Judy Weyer – Sauk Rapids
Marsha Ziebarth – Sauk Rapids

Hope Wish Create Imagine

Hello Minnesota Women of Today

Cathy Snyder
USWT Personal
Development/STEP
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I hope your year is off to a good start. Here is some additional information for you from me as we are almost 4 months into the new year.

There will also be an impromptu at Mid-Year cost \$5.00, this will be held on Saturday afternoon at Mid-year in Iowa

The Personal Development Certification Forms is available on this website. It is very achievable to complete. Remember that to complete this form you do not have to do everything as part of Women of Today. What you do at work, church and for any other organization counts. When completed make sure the Living and Learning Local Program Manager gets them and turns them in to the State Program Manager

S.T.E.P. (Step Through Enthusiastic Participation) is also part of the Personal Development Area. The certifications forms are available on the website. If you have any questions. Please let me know.

Cathy Snyder
US Women of Today
Personal Development /STEP Program Manager

Minnesota Women of Today 2nd Trimester **SUCCESS** Presidential bonus points

2019-2020

Submit a nomination for the Outstanding Young Adult or
Lois M Christiansen Women Who Impact Award (50 pts)

Or

Sell two (2) Books Raffle Tickets (\$100) for the MNWT State Ways and Means Fundraiser (50 pts)

Or

Sign at least 3 new members during 2nd trimester (50 pts)

Or

Have at least 2 members from your chapter attend the online webinar
scheduled on October 23rd (25 pts)

Or

Participate at the National level by having 25% of members certify in
Health & Wellness or Personal Development;
or hold a Domestic Violence event or training; or donate \$25 to National Ways and Means
(25 pts)

Maximum of 100 bonus points!

MNWT Outstanding Awards WEBINAR for 2019-2020

A webinar will be held on Tuesday, October 8th at 7:00 PM to walk you through the Outstanding Awards procedures. If your chapter is considering nominating an individual for the Outstanding Young Adult or Lois M Christiansen Outstanding Women Who Impact, this webinar is highly recommended.

Nomination guidelines and forms will be reviewed along with recent changes that have been made. There will be ample time for questions and answers. Nomination deadline is November 1st.

Registration will be available on the MNWT website.

We've Made MNWT Facebook Pages Easier to Follow!

We received a lot of feedback about the number of Facebook pages to follow and decided it was time to consolidate. There are now 5 new, combined Facebook pages

MNWT Administration – posts from President, Administrative VP, Secretary, Parliamentarian, COB, Presidential Assistant & NEWSLET Editor

MNWT Membership – posts from Membership VP, Chapter Mgmt. VP, Extensions Director and SUCCESS Coordinator.

MNWT Programming – posts from Programming VP and all State Program Managers

MNWT Finance – posts from Financial VP and State Store

MNWT Committees – posts from Future Directions, Marketing, and Membership Management committees

The following pages remain unchanged:

Minnesota Women of Today – our organizational page where all events are located remains unchanged

MNWT Foundation – posts from the Foundation

MNWT Keywomen – posts from the Key Women Club

MNWT District Pages – you should continue to follow your District specific MNWT District page

If you are looking for older posts from a previous page, go to the appropriate new page and look for the archive post to see a view only archive of the old page. If you have any questions, feel free to contact Katie in the Chapter Service Center.