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Living & Learning 2016 Fall State CIP

Hello!

Can you believe we are already into the second trimester? I don't know where the summer went! It flew by. Now we are heading into fall – one of my favorite seasons. That would make a good impromptu question. “What is your favorite season and why?”

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 3, 4, 5, 6, 8, and 11. I enjoyed meeting several of you on my visits. During my visits to Districts 7 and 9, I handed out a self-mailer of all Living and Learning certification and the USWT Personal Development and Health and Wellness certifications. All your certifications are on one sheet and easier to keep track of. Do you like them? They are on the Living and Learning webpage on the MNWT website. My hope is that having all three certifications in one place will make it easier for you to complete and send back to me. I look forward to receiving them in the mail.

At Winter State Convention, the Living and Learning area will be exuberant in pink!

- Fellowship Service – Will be held on **SATURDAY morning**.
- Coloring Contest winners will be announced. The coloring sheet is attached to this CIP.
- MNWT Effective Writing Competition – Winner will be announced during the luncheon.
- Outstanding Awards Banquet - Honoring deserving nominees for the Lois M. Christianson Woman Who Impact Award. Nominations are due **NOVEMBER 1**. Help me meet my goal of three nominees in each area this year.

Together we will gain confidence and pride in order for you to **Be You and Believe in Yourself**.

Friends in Women of Today,
Cindy Umland

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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

Be yourself, no one can ever tell you you're doing it wrong.

- James Leo Herlihy

DISTRICT CHALLENGE

The district with the highest percent of chapters participating in the Living and Learning programming area for 2016-17, will receive an incentive at Annual Convention 2017. This includes:

- Certifications
- PEP Courses
- Competitions
- Reporting



Those who submit a nomination for the Lois M. Christianson Women Who Impact Award will be entered into a drawing for a “Be You” bag. The drawing will be held at Winter State Convention 2017.

WOMEN WHO IMPACT AWARD

Do you know a woman who shows excellence in leadership, is involved in her community, and puts her ideas and innovation into action?

Nominate her for a Women Who Impact Award!

The three categories for the award are:

- **Non-profit** – This includes community service, volunteer, or spiritual organizations
- **Youth Outreach** – This includes women who work in regular or special education, youth mentors, 4-H, or scouting. It can be anyone who works with youth under 18
- **Women’s Advocacy** – Look for nominees working in women’s shelters, business, government, adult education, or healthcare

Individuals will be evaluated on their involvement and contributions to others and the community listed in their entries. Nominees can be Women of Today members or non-members.

I am looking for three nominees in each area! Chapters can submit one entry per category. A \$25 entry fee will apply to each nomination. Check out Living & Learning page on the MNWT website (www.mnwt.org) for entry forms and guidelines.

Nominations are due **November 1, 2016**.

Send to nominations to:

Cindy Umland
400 River Ave, #211
Sauk Rapids, MN 56379

MNWT COMPETITIONS

**Effective Writing
Winter State Convention**

Topic: “How will you *Be the Difference?*”

**Effective Speaking
Annual Convention**

Topic: “She helped me *Believe in Me*”

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.

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 exercises 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).

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

Lori Goutermont & Kathy Kessler ~ STMA
Amber Rick ~ Madelia
Michelle Cloutier ~ Burnsville
Lori Keys ~ White Bear Lake
Kathryn Simmering ~ District 10
Nancy Dvoracek ~ Anoka
Joy Gruhlke ~ Aitkin
Shelli Struzyk ~ Rice
Vicki Rockwell ~ Fridley
Melanie Chenoweth ~ Coon Rapids
Pattie Hanks ~ St. Cloud



PRESIDENTIAL SUCCESS BONUS POINTS 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 two boxes of the World's Finest Chocolate OR sell 2 books of Raffle Tickets (\$100) for the MNWT State Ways & Means fundraisers. {50 points}

and/or

Have at least one chapter member attend the MNWT Foundation Retreat. {50 points}

and/or

Sign at least two (2) members the week of October 24-31 for the October IMPACT Monday (October 31). {50 points}

Maximum of 100 Bonus Points

Thank you to the LPMs and DPMs who completed their Fast Starts.

DPM

District 3 Joy Gruhlke
District 4 Cara Norling
District 5 Trina Hedquist
District 7 Barb Mitchell
District 8 Stacy Pearson

LPM

Joy Gruhlke ~ Aitkin
Nancy Dvoracek ~ Anoka
Melanie Chenoweth ~ Coon Rapids
Lori Goutermont & Kathy Kessler ~ STMA
Shelli Struzyk ~ Rice

USWT Programming

WINNING WITH HEALTH AND WELLNESS

National Diabetes Awareness Day November 12, 2016

November 12, 2016 is set aside by USWT National Staff and Program Manager Laura Gaylord to bring awareness to diabetes. In conjunction with this, Jesse McShane, Women's Wellness SPM, we are asking MNWT chapters and members to raise awareness of this life changing disease.

During the week of November 6-12, we will be posting on our Facebook pages the ways you can reduce your chances of diabetes, along with ideas for healthy snacks and different activities.

We also ask that you and your chapter promote Diabetes Awareness Day, November 12th.

November is also the USWT Health and Wellness programming area Emphasis Month. Any chapter participating in a Diabetes Awareness activity and submitting the most certifications will get an incentive at Winter State.

USWT Year-end Writing and Speaking Competitions

Topic: Write or speak about a woman in the history of your state that you admire. (What she is known for in your state, why do you admire her, etc.)

Entry Deadline: May 1, 2017

Entry Fee: \$5.00

Essay: 600-800 words, double-spaced, single-sided

Speech: 4-6 minutes in length

Include a **USWT Stat Sheet** with entry along with **four (4)** copies to USWT PDSTEP PM Diane Hellman.

Diane Hellman
PO Box 909
Stanley, ND 58784

PERSONAL DEVELOPMENT/STEP

USWT Personal Development Emphasis Month is September.

By attending Fall State you can register for Impromptu at Fall State for \$5, this is open to all members.

USWT President Challenge for STEP III and IV

Participate in a Domestic Violence activity

Minnesota Women of Today Important Dates

September 18-24	Women of Today Week
October 6-9	USWT Mid-year Convention
October 15-16	MNWT Foundation Women's Retreat
October 22	Make a Difference Day
November 1	Outstanding Award
Nominations	due
November 4	Mid-year Evaluations Due
November 6-12	Diabetes Awareness Week
November 12	Diabetes Awareness Day
December 15	USWT Effective Writing Essay Contest Entries due to LL SPM
December 30	Second trimester renewals due
January 2	Project of the Trimester nominations due to SPM
	Outstanding Program Manager nominations due to SPM
	LPM Reports due
	Transmittals due
	SUCCESS due
January 10	DPM Reports due
January 14	NEWSLET articles due to SPM
January 27-29	Winter State Convention



Name _____

Chapter _____ District _____

Email _____ Phone _____

Email completed picture to LL SPM Cindy at ll@mnwt.org or mail picture to:

Cindy Umland, 400 River Avenue #211, Sauk Rapids, MN 56379