



Cindy Umland
Living and Learning SPM
400 River Ave #211
Sauk Rapids MN 56379
320-291-5753
www.mnwt.org
ll@mnwt.org

Living & Learning 2017 Winter State

Happy New Year!!!

Greetings to One and All !!!

I'm so glad you are taking the time to read by last CIP (Chapter Information Packet). Somedays do you want to throw in the towel and say "Oh Well", or something of that nature.... I was at that point today, as my computer needed a restart at 3am it finished but in the process I no longer I had word on my computer, I am so thankful for a co-member who was able to help me out and came to my rescue....

That's the thing about Women of Today there is always someone who gives you the confidence to Believe in You. For me that has been several current and past supervisors, presidents and members.... Each of you came into my live and gave me a BOOST of Confidence and helped me Believe in Me. I hope this year I have given someone the confidence to help them Believe they can Be themselves and go on to touch the lives of others.

This trimester I hope that some of your chapters and districts will take time and try a Personal Enrichment Program aka Pep Course or get creative and try your hand and doing Effective Speaking at Annual.

I want to thank each of you for Believeing 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.

- ❖ Participate in a Spring Awareness Walk
- ❖ Participate in USWT Health & Wellness Challenge
- ❖ Keep a food journal.
- ❖ Update your resume
- ❖ Attend a Public Meeting

“ A man can be as great as he wants to be. If you believe in yourself and have the courage It Can Be Done.” Vince Lombardi

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



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).

MNWT COMPETITIONS

Effective Speaking Annual Convention

Topic: "She helped me *Believe in Me*"

To register send in Stat Sheet and \$5 fee postmarked by May 1, 2017

Thank you

A Special Thank you to the following chapters for submitting a nomination for the Lois M Christianson Woman Who Impact Award.

- ❖ Morris Area
- ❖ Melrose Area
- ❖ Monticello
- ❖ St. Cloud
- ❖ Savage Area

I was so excited that we were able to honor 2 women this year.

For Community Involvement the honoree was Roxanne Ryan-Layne and for Youth Outreach the honoree is Seema G. Pothini

**Thank you to those chapters who
sent in certifications this
trimester.**

- ❖ **Lake of the Woods**
- ❖ **Duluth**
- ❖ **Aitkin**
- ❖ **Morris**
- ❖ **Rice**
- ❖ **Monticello**
- ❖ **St, Cloud**
- ❖ **Anoka**
- ❖ **Champlin**
- ❖ **Coon Rapids**
- ❖ **STMA**
- ❖ **Fridley**
- ❖ **New Hope**
- ❖ **Brooklyn Park**
- ❖ **White Bear Lake**
- ❖ **Montevideo**
- ❖ **Madelia**
- ❖ **Byron**

**PRESIDENTIAL SUCCESS
BONUS POINTS
Third Trimester**

Purchases of at least \$200 for state ways and means in any combination of state store, third trimester promotional, and Nice Spice convention fundraisers. (50 points)

and/or

Participate in USWT President Barb's Blizzard Challenge. (50 points)

and/or

Submit a nomination for one of the Community Connections Awards. (50 points)

and/or

Show Chapter Growth for third trimester. (50 points)

OR

Attain 80% member retention and growth +2 for third trimester. (100 points)

Be the kind of
person that makes
others feel
special.
Be known for your
kindness & grace.

USWT Programming

WINNING WITH HEALTH AND WELLNESS

Four Week Winning Steps to Health and Wellness Challenge

This challenge is to be completed in a 4 week time period as outlined below. Start date is up to the individual

Week 1 (Feb 6 - 12, or Mar 6 - 12, or April 3-9)

Keep a food journal and track the number of carbs for the week

Week 2 (Feb 13-19, or Mar 13-19, or April 10-16)

Keep an exercise / fitness journal for the week. Completing some sort of exercise /fitness a minimum of 3 times in the week

Week 3 (Feb20-26, or Mar 20-26, or April 17-23)

Focus on your emotional health. Ask yourself these 3 questions and journal your answers.

1. What does it mean to be emotionally well?
2. How can you improve your emotional health?
3. Are you being attentive to your thoughts, feelings and behaviors, whether positive or negative?

Week 4 (Feb 27-Mar 5), or Mar 27 -April 2, or April 24-30)

Focus on your spiritual health. Examples are below. Journal what you did

1. Meditate at least 3 times in the week
2. Do / read daily devotions
3. Read an uplifting / spiritual story or article

**Send verification to Health and Wellness manager Laura Gaylord: hw@uswomenoftoday.org ** Final date postmarked May 1, 2017*

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 IV

Participate in a Domestic Violence activity

Minnesota Women of Today Important Dates

January 30	Impact Membership Monday
March 11	March Planning
March 14	Out N About
March 18	State Committee Meetings
March 31	Area 2 Meeting, Rice, MN
April 1	Area 1 Meeting, Bemidji, MN
April 7	Area 3 Meeting, Golden Valley
April 8,	Area 4 Meeting, TBD
April 14,	Year-End Entries Due
April 24	LPM Trimester Reports Due
April 30	Certifications Due
May 6,	LOTS, location TBD
May 19-21	Annual Convention
June 2-4	MNJOTS
June 8-11	USWT National Convention, Las Vegas