



Winter State CIP  
Living & Learning SPM  
2018-2019

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Hello Chapters and Districts,

I can't believe that we are in 3rd trimester already, and this is my last CIP for Living and Learning! Have you learned or taught something new to your chapter? Or perhaps explored something new yourself by participating in this area? Have you completed Living and Learning certifications? Have you encouraged your members to complete their Living and Learning certifications? If so, thank you for your passion and commitment to see it through. You are the backbone of Living and Learning Area. Thank You, Thank You, Thank you.

I hope you are all thinking about what the new year in Women of Today holds for you. You have done a wonderful job as LPM and DPM. Now perhaps you are interested in taking the next step trying your hand at the state level (SPM). If you have questions about the LL SPM position for next year, please let me know. I would be happy to help you make an informed decision.

I would like to challenge each of you to get as many certifications in from your chapters and districts. Certifications help you to see what you have done! It shows that you have taught, learned and explored your surroundings, making your chapter a well-rounded chapter. Thank you for those who submitted their certifications for their chapter or for themselves! Keep up the good work! "Learning is the Eye of the Mind"

Thank you to those who attended our Internal Programming forum and also visited my table at the Project Fair at Fall State. I love talking to you! I hope that you continue sharing about yourself and your culture and learning about others as well with the members of your chapter. Congratulations to the winners for the LL challenge at Fall State, as well as the Living and Learning outstanding awards.

I would like to take this opportunity to say thank you to everyone for their support and embracing me as your LL SPM. I have learned so much about Women of Today and made many new friends along the way. Thank you for opening an opportunity for me to share my culture, my country and traditions with you. I have loved every opportunity to learn about yours as well and looking forward to hearing more. Please keep sharing!

Looking forward to hearing from each of you about your amazing accomplishment. Until we meet again. "I leave you with one of my favorite quotes;

*"I was surrounded by extraordinary women in my life that taught me about quiet strength and dignity"*

*Michelle Obama*

Signing Off,

What is Living and Learning?

Living and Learning encourages a member's growth through four pillars.

Self-Improvement: Effective Speaking, Impromptu Speaking and Effective Writing competitions; Personal Enrichment programs.

Civic: Learning about history; Participating in civic duties such as voting, environmental awareness, other culture.

Spiritual: Encourage 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.

Friends and Family: Family nights, share family activities, create a family tradition; Learn about relationship building; Create a family tree or research your genealogy, traditions or holidays.

<u>In this issue</u>	Page
SPM Letter and What is Living and Learning?	1
LL 3 <sup>rd</sup> trimester featured article "Malaysia- (My Home, Cultures, Traditions and Holiday)	2-7
Personal Enrichment Video Courses	8
LL 3 <sup>rd</sup> trimester Challenge; Spirituals, Friends and Family and Traditions	9
MNWT Book Club-'The Life List' by Lori Nelson Spielman	9
MNWT Programming Evaluation	10-11
3 <sup>rd</sup> trimester Presidential SUCCESS Bonus Points and Effective Speaking Competition	12

## Living and Learning 3<sup>rd</sup> Trimester Featured Article

### *Malaysia- My Home, Cultures, Traditions and Holiday*

#### **Malaysia**

Malaysia is a federal constitutional monarchy in Southeast Asia. It consists of 13 states and three federal territories, separated by the South China Sea into two similarly sized regions, Peninsular Malaysia and Malaysian Borneo. Peninsular Malaysia shares a land and maritime border with Thailand in the north and maritime borders with Singapore in the south, Vietnam in the northeast, and Indonesia in the west. East Malaysia shares land and maritime borders with Brunei and Indonesia and a maritime border with the Philippines and Vietnam. Kuala Lumpur is the national capital and largest city while Putrajaya is the seat of federal government. With a population of over 30 million, Malaysia is the world's 44th most populous country.

#### Introducing Malaysia

Malaysia is like two countries in one, cleaved in half by the South China Sea. While the peninsula flaunts bustling cities, colonial architecture, misty tea plantations and chill-out islands, Malaysian Borneo hosts wild jungles of orangutans, granite peaks and remote tribes, along with some pretty spectacular diving. Throughout these two regions is an impressive variety of microcosms ranging from the space-age high-rises of Kuala Lumpur to the traditional longhouse villages of Sarawak.

If there was one thing that unites all its pockets of ethnicities, religions and landscapes, it's food. Between the Chinese-Malay 'Nonya' fare, Indian curries, Chinese buffets, Malay food stalls and specialties, with some impressive Western-style food thrown in for good measure, travelers will never go hungry here.

Within Malaysian society there is a Malay culture, a Chinese culture, an Indian culture, a Eurasian culture, along with the cultures of the indigenous groups of the peninsula and north Borneo. A unified Malaysian culture is something only emerging in the country. The important social distinction in the emergent national culture is between Malay and non-Malay, represented by two groups: the Malay elite that dominates the country's politics, and the largely Chinese middle class whose prosperous lifestyle leads Malaysia's shift to a consumer society. The two groups mostly live in the urban areas of the Malay Peninsula's west coast, and they're sometimes competing, sometimes parallel influences shape the shared life of Malaysia's citizens. Sarawak and Sabah, the two Malaysian states located in north Borneo, tend to be less an influential part of the national culture, and their vibrant local cultures are shrouded by the bigger, wealthier peninsular society.

<http://www.everyculture.com/Ja-Ma/Malaysia.html#ixzz3yNZB6B8g>

#### **Etiquette and Customs in Malaysia**

##### Meeting and Greeting

Greetings in a social context will depend upon the ethnicity of the person you are meeting. In general, most Malays are aware of Western ways so the handshake is normal. There may be slight differences though and a few things to bear in mind include:

##### Malays

- Malay women may not shake hands with men. Women can of course shake hands with women. Men may also not shake hands with women and may bow instead while placing their hand on their heart.

### Chinese

- The Chinese handshake is light and may be rather prolonged. Men and women may shake hands, although the woman must extend her hand first. Many older Chinese lower their eyes during the greeting as a sign of respect.

### Hindus

- Indians/Hindus shake hands with members of the same sex. When being introduced to someone of the opposite sex, nodding the head and smiling is usually sufficient.

Among all cultures, there is a general tendency to introduce:

- The most important person; grandparents, parents, uncles and aunts, husbands or wives, children's, etc.... from the oldest person to the youngest person.

The way names are used also varies between ethnicities:

### Chinese

- The Chinese traditionally have 3 names. The surname (family name) is first and is followed by two personal names. Many Chinese adopt more Western names and may ask you to use that instead.

### Malays

- Many Malays do not have surnames. Instead, men add their father's name to their own name with the term "bin" (meaning 'son of'). So Rosli bin Suleiman, would be Rosli the son of Suleiman. Women use the term "binti", so Aysha binti Suleiman is Aysha the daughter of Suleiman, Melissa binti Redzuan.

### Hindus

- Many Indians/Hindus do not use surnames. Instead, they place the initial of their father's name in front of their own name. The man's formal name is their name "s/o" (son of) and the father's name.
- Women use "d/o" to refer to themselves as the daughter of their father. Examples Ravishankar s/o Shivarama and Gayatri d/o Choory.

### **Gift Giving Etiquette**

Here are some general gift giving etiquette guidelines:

Gift giving to Malays:

- If invited to someone's home for dinner, bring the hostess pastries or good quality chocolates.
- Never give alcohol.
- Do not give anything made of pigskin.
- Avoid white wrapping paper as it symbolizes death and mourning.
- Avoid yellow wrapping paper, as it is the color of royalty.
- If you give food, it must be "halal" (meaning permissible for Muslims).
- Offer gifts with the right hand only or both hands if the item is large. Gifts are generally not opened when received in front of other guests or family.

### Gift giving to Chinese:

If invited to someone's home, bring a small gift of fruit, sweets, or cakes, saying that it is for the children.

- A gift is traditionally refused before it is accepted to demonstrate that the recipient is not greedy.
- Do not give scissors, knives or other cutting utensils as they indicate a desire to sever the relationship.
- Flowers do not make good gifts as they are given to the sick and are used at funerals.
- Do not wrap gifts in mourning colors - white, blue, or black. Wrap the gifts in happy colors - red, pink, or yellow.
- Elaborate gift wrapping is imperative. Never wrap a gift for a baby or decorate the gift in any way with a stork, as birds are the harbinger of death.
- It is best to give gifts in even numbers since odd numbers are unlucky.

### Gift giving to Indians/Hindus:

- If you give flowers, avoid frangipani (Plumeria) as they are used in funeral wreaths.
- Money should be given in odd numbers.
- Offer gifts with the right hand only or both hands if the item is large.
- Do not wrap gifts in white or black. Wrap gifts in red, yellow or green paper or other bright colors as these bring good fortune.
- Do not give leather products to a Hindu.
- Do not give alcohol unless you are certain the recipient drinks.



Plumeria (Frangipani)

## Malay and their celebrations

### Ramadhan

About 60 percent (more than 50% of which Malays) of the multi-cultural population of Malaysia are now Muslims and Islam is the official religion recognized by the Malaysian government. Hence, the month of Ramadan and the festivities of Hari Raya are very important in Malaysia, Ramadan (also sometimes spelled as Ramadhan) is the month of fasting. That means Muslims are not allowed to eat, drink or have sex from the Morning Prayer (Fajr) at dawn until the evening prayer (Maghrib). In Malaysia that means from about 6am in the morning to 7.30pm in the evening. The early morning meal is called Sahur. The evening meal, Iftar, is known in Malaysia as "berbuka puasa" (literally: to open the fast).

Fasting in Malaysia is quite a challenge due to the hot and humid weather, therefore you should be considerate towards Muslims during the fasting month. The sacrifice during the month of Ramadan is supposed to remind people of those who are less fortunate and to learn to be humble again. But Ramadan also means a time to get together with friends and family to break the fast together in the evening. Hence, Ramadan is also the time of the year when you can find the best Malay food at the Bazaar Ramadhan, the Ramadan food markets, that pop up everywhere in the country. These markets can be visited by anyone, not only Muslims. Non-Muslim travelers should experience a Bazaar Ramadhan if they happen to be in Malaysia during the fasting month.

### Hari Raya (Eid Mubarak)

Hari Raya is the biggest holiday of the year in Malaysia (Chinese New Year comes in second). It is the holiday that celebrates the end of the fasting month. Hari Raya is internationally known as Eid al-Fitr. Eid results in two public holidays during which people return to the home towns and villages - the famous 'Balik Kampung' happens. 'Balik Kampung' literally means back to the village. Thus, during the Hari Raya week half of the country is on the road to go back home to celebrate the holidays with their families. Muslims also performs the Hari Raya Puasa (Eid) prayers and visiting the graves of relatives. Eid also means eating, and visiting friends and relatives where even more food is served. Malaysia also has the tradition of holding Open Houses where the house is open for everyone to come in and say hello and eat something together.



Malay Foods and Eid Traditions -seen in the pictures Malays dressed up in their traditional attires and play the fireworks.

## Chinese and their celebrations

### Chinese New Year

Chinese New Year, also called Spring Festival, has more than 4,000 years of history. It is the grandest and the most important annual event for Chinese people.

### Time for Family Reunion

Being one of the traditional festivals, it is the time for the whole families to reunite together, which is similar with Christmas Day to the westerners.

### The Longest Public Holiday

The festival lasts for 15 days from the 1st to 15th day of the first lunar month, and in folklore it starts even earlier, from the 23rd day of the twelfth lunar month. Most employees will have seven days off work, while students take one-month absence from school. Originating during the Shang Dynasty (17th - 11th century BC), the festival used to be observed to fight against the monster "Nian" who liked to eat children and livestock. The monster was afraid of red color and loud sound. Therefore, people decorated their houses in red and set off firecrackers to expel it. Before the Spring Festival, every family will have a thorough house cleanup and go for festival items shopping. The spring couplets, Fu Character, and animal paper cut are pasted for decoration. Also, new clothes must be bought, especially for children. At the reunion dinner on New Year's Eve, people from north will eat dumplings, which southern people are used to have Niangao (glutinous rice cake). Red Envelopes are given to kids and elders to share the blessing. The dragon dance is often performed during Chinese New Year. Chinese dragons are a symbol of China, and they are believed to bring good luck to people, therefore the longer the dragon in the dance, the more luck it will bring to the community. The dragons are believed to possess qualities that include great power, dignity, fertility, wisdom and auspiciousness. The appearance of a dragon is both frightening and bold but it has a benevolent disposition, and so eventually became an emblem to represent imperial authority. The movements in a performance traditionally symbolize historical roles of dragons demonstrating power and dignity.



Chinese New Year Food, Dragon Dance and Ang Pow (red envelope with money gift)

## **Hindus and their traditions**

### Deepavali or Diwali

Deepavali, or Diwali, is a festival celebrated by all Hindus to commemorate Lord Rama and his wife, Sita's return to Ayodhya after his 14-year exile. It was a dark night when they first returned hence his people lit their houses with little lamps (diyas) so that Rama and Sita could find their way.

For some Hindus, Deepavali is also celebrated in honor of the goddess of wealth, Lakshmi. The lighting of these diyas would then make it easy for Lakshmi to find her way to houses. Thus, this festival is known as the Festival of Lights. The Festival of Lights is to signify the victory of good over evil; however, it does not just mean the physical lighting of these diyas but refers to an Inner Light, which, according to Hindu philosophy, is called the Atman. What the Festival of Lights really stands for today is a reaffirmation of hope, a renewed commitment to friendship and goodwill, and a religiously sanctioned celebration of the simple and some not-so-simple joys of life. On the morning of Deepavali, Hindus get up before sunrise for a ritual oil bath known as ganga-snanam to signify the cleansing of one's sins and impurities of the past. After that, prayers are conducted on the family altar and some go to temples for special ceremonies and worship. The rest of the day is celebrated over festive fireworks, traditional Indian savoury dishes and sweets like ladu, vadai, ommapadi and the ever-popular murukku. In Malaysia, Hindus would invite friends of different races and religions for an 'open house'. This is a unique practice; it definitely builds stronger ties among Malaysians and promotes unity in this multi-racial country. On this occasion, children would be the happiest as they collect purple or sometimes yellow packets containing money.



Hindu Festival of Lights (Diwali) and Food

## PERSONAL ENRICHMENT VIDEO COURSES

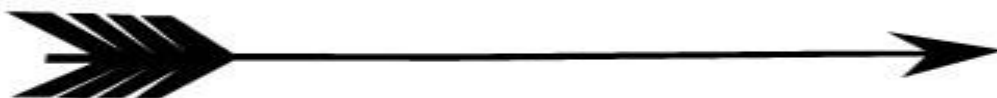
PEP video courses are a great tool for self-improvement. Gather together your chapter members for a fun evening of growth or use it as a recruiting event to introduce prospects to all Women of Today has to offer.

The Chapter Service Center (CSC) has many available for rental. Each rental is \$25 for materials for 10 people. A full listing of video courses and other PEP materials are available on the Living & Learning SPM on [www.mnwt.org](http://www.mnwt.org). Here are some examples;

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### Rental Videos through the Chapter Service Center

- **NEW Laughter Yoga** - 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.
- **212° The Extra Degree**- At 211 degrees water is extremely hot. At 212 degrees it boils and produces enough steam to power a locomotive. Clearly, one additional degree of energy makes a huge difference in the end result. 212° the extra degree is a Personal Enrichment Course with a motivating and focused message. It helps team members understand and remember that by making small changes – by applying a little extra effort – they can realize greater success in their personal and professional lives.
- **Pulling Together: High Performance Teamwork** - This presentation teaches us how to work together to achieve our individual and personal goals. Attendees will also learn strategies for problem-solving solutions, building trust, following through with commitments, and respecting each other differences and strengths. This course will leave you feeling energized to work together and the inspired to accomplish great things.
- **I am Beautiful** - Created to help build self-worth and confidence. Contains exercises to help you achieve new skills and personal growth.
- **Conversation Power in Action** - Will give you the basic tools to use in either social or business situations. You will also learn "tricks" to become a better public speaker. Along with the video, there are three interactive exercises that will help you practice what you learned.
- **FISH** - Catch the Energy & Release the Potential! FISH! Is about having fun, enjoying you, being spontaneous and creative. It's about doing something special for your members and community. FISH! Teaches about being totally focused on the moment and on the person or task with which you are engaged. It is about accepting full responsibility for all of our choices, even our attitude about volunteerism.
- **CHANGE: Adapting to It, Living with It, Surviving It** - This video course is to help our members accept and cope with change. This will give the members the tools to learn to accept change, cope with change and realize the consequences of resisting change. Along with the video there are exercises to learn about our behavior toward change and why we may need to adjust our attitude toward change.
- **Live Out Loud** - You will have a great laugh as you learn how to develop the skills of living out loud, having more fun, growing in wisdom and loving better. Not only that - but ...you'll find ways to boost your energy and vitality, keep your heart healthy, bust your stress and let go of the stuff you no longer need to carry around. In short, you'll find out how letting go, laughing, loving and learning are the keys to living out loud!
- **Lead Out Loud** - This presentation teaches people how to make others feel good. Audiences will learn how to motivate and encourage others better, be authentic at all times, program themselves for excellence, unlock the secrets and power of non-verbal communication, be humble and work collaboratively, build strong, lasting relationships, and how to have a positive spirit - not just a positive attitude!



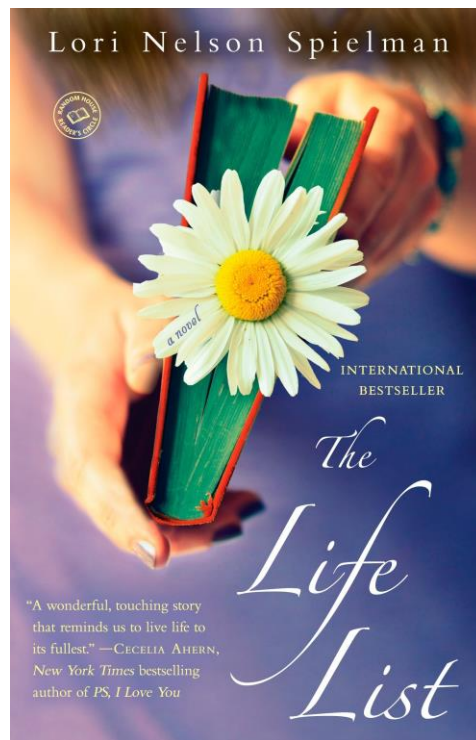


## LIVING AND LEARNING 3<sup>RD</sup> TRIMESTER CHALLENGE- SPIRITUAL, FAMILY AND FRIENDS AND TRADITIONS.

"I challenge you and your chapter members to go out and get to know your neighbors or attend neighborhood gathering in your community and learn about their culture and traditions". Share it with your friends, family and chapters. Complete your certifications and send them in to me at ll@mnwt.org

### Living and Learning Book Club 2019

Announcing MNWT next Book Club-The Life List by Lori Nelson Spielman. Discussion be held at Annual Convention 2019.



***A journey of self-discovery that is truly beautiful to behold.***

**MINNESOTA WOMEN OF TODAY  
PROGRAMMING EVALUATION FORM**

**AREA: LIVING & LEARNING**

(Optional) Print Name: \_\_\_\_\_ Chapter: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please indicate if this is \_\_\_\_ an individual or \_\_\_\_\_ chapter response.  
 If chapter response, the number of chapter members included in the response. \_\_\_\_\_

1. What is the level of participation by your chapter members in this programming area in the last three (3) years?

	<b>Low</b>			<b>High</b>		
Local	1	2	3	4	5	
District	1	2	3	4	5	
State	1	2	3	4	5	

2. In what specific areas have your chapter members participated in the Living and Learning Area in the past two years?  
 \_\_\_\_ Fellowship Services \_\_\_\_ PEP courses \_\_\_\_ Living and Learning Certifications  
 \_\_\_\_ State sponsored competitions \_\_\_\_ Other  
 If other, please explain.

3. Who passes on information about Living and Learning to the members in your chapter?  
 \_\_\_\_ Local Program Manager \_\_\_\_ Programming Vice President \_\_\_\_ Other: \_\_\_\_\_  
 How often? \_\_\_\_ monthly \_\_\_\_ each trimester \_\_\_\_ less than once a trimester \_\_\_\_ never

4. What do you like about the Living and Learning program area?

5. What would you change about the Living and Learning program area?

6. What new ideas could be developed in this area?

7. Does your chapter encourage participation in Certifications for Living and Learning? \_\_\_\_ Yes \_\_\_\_ No  
 (These forms can be found online at [www.mnwt.org](http://www.mnwt.org), click on Book of Forms) If No, why not?

Do you have any suggestions for changes to the Certification Form?

8. Has your chapter offered a Personal Enrichment Course (PEP)? (Live Out Loud, Financial Management, Change, etc.)  
 Yes  No Which ones?

Do you have any suggestions for new PEP courses?

9. Have you or anyone in your chapter competed in any of the state sponsored competitions?  Yes  No  
 If yes, please indicate which ones and how many members participated.  
 Impromptu  Effective Writing  Effective Speaking?

10. Does your chapter participate in the US Women of Today Certifications?  Yes  No  
 Please indicate all that you have participated  
 Health & Wellness  Personal Development  Outstanding Achievement in Programming  STEP?

11. Does your chapter participate in the US Women of Today Competitions?  Yes  No  
 Please indicate all that you have participated  
 Effective Writing  Effective Speaking

12. Do you feel the Living and Learning area should continue in our programming?  
 Yes  No

13. Any other comments, ideas or suggestions?

Return form to: <a href="mailto:pvp@mnwt.org">pvp@mnwt.org</a> or submit online at <a href="http://www.mnwt.org">www.mnwt.org</a> ~ Due by July 1, 2019
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## SUCCESS POINTS

Submit a Nominations for a Community Connections Year End Award (50 points)

and/or

Hold an M Event and sign 3 new Members for 3<sup>rd</sup> Trimester (50 points)

and/or

Reach 85% Retention for 3<sup>rd</sup> Trimester (50 points)

and/or

Submit a Chapter Article to the NEWSLET (25 points)

and/or

Have 2 Members of your Chapter Attend the February State Wide Webinar (25 points)

and/or

Donate \$25 or more to the US Women of Today Ways and Means (25 points)

and/or

Donate \$25 or more to MN Programming Area: Wishes and More (25 points)

Maximum of 100 Bonus Points

## Living and Learning Effective Speaking Competitions

### Guidelines

The Effective Speaking competition is to be held at the Annual Awards State Convention each year. The guidelines for the competition are:

- A presentation is to be prepared in advance of the competition. The L&L SPM may require this to be turned in prior to the competition.
- Material to be presented for judging at the competition by one member, or as set by the current L&L SPM.
- Presenters are allowed 4-6 minutes for presentation. If under 4 or over 6 minutes, points will be deducted from score. Power Point can be used during the competition and any materials, or props. Be creative!
- Presenters should be dressed professionally.
- Entry fee is \$5 or as indicated in the state bylaws/policies.
- Winners will be announced and awarded at the Annual Awards Banquet.
- There is no limit to entries per chapter. A team of 1 or 2 members from the same chapter, both need to be present and have speaking parts in the presentation.

### Judging Criteria

All presentations are evaluated based on the development of the theme as well as the content of the essay organization, originality and overall effectiveness.

### Effective Speaking Topic

The Effective Speaking Competition is a great way to challenge yourself and grow through written expression. It is a planned speech on a specific topic. The Effective Speaking competition is to be held prior to the Winter State Convention each year. This year's topic is:

**Families have important traditions that family members share. "What is your family traditions that you want your kids and grandkids to know about and hopefully be carried out to their generations?"**

Use specific reasons and details to support your response.

**Please let me know if you are interested or planning to do the Effective Speaking Competition by email at [ll@mnwt.org](mailto:ll@mnwt.org)**