



Winter State CIP 2017

Womens Wellness SPM
External Programming Area
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Hello You WONDERFUL Local and District Programming Managers!

Happy New Year Everyone!

We are getting close to the end of our year together. I cannot believe it! We have come so far, and have so much more to do.

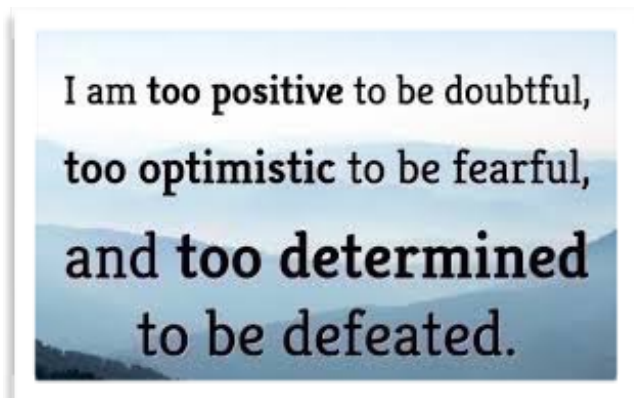
I hope you all had a amazing holiday season. I really enjoyed the opportunity to spend time with family and friends, eat too many cookies. I enjoyed some caroling and card playing, and WON my first game of Cards Against Humanity EVER!

Now back to work we go! Let's make this the most productive trimester YET, and really work hard to reach some goals! I can only do it with YOUR help. Join our challenge group (info on page two) commit to hosting a fundraiser for our amazing foundations. Contact me if you need any help.

And as always, ROCK ON!!

Join our Facebook group to stay in the loop:
<https://www.facebook.com/MNWT-Womens-Wellness-529419930451157/?fref=ts>

-Jessy



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page 1.

Goals:

**-Raise \$1500 for
March for Babies
by Spring 2017**

**-Raise \$5000 for the
Women's Veteran
Initiative by Spring
2017**

**-75% Chapter and
District
involvement in a
Women's Wellness
challenge/activity**

Attitudes of Gratitude

Everything is beautiful

You are in awe of everything. Your heart swells and you realize, "this moment is beautiful, life is beautiful.. I am beautiful."

This Trimester we are having attitudes of gratitude. Share moments each week that you have made the choice of grace and gratitude instead of the alternative.

Moments like when you complimented someone or helped someone out without being asked. Maybe you looked into the mirror and instead of thinking something negative you changed your story to a positive one.

Moments like these are what make life truly special and magical. Share them, your stories inspire others!

Hug and Hero American Chapter Challenge

Step 1. Host a fundraiser for the WVI

Step 2. Send your check made out to
MNWT. To. Jessy McShane 40730 Nature
Ave. Aitkin MN 56431

Step 3. Complete a Transmittal form

All entries of 50\$ or more will qualify for a
SALUTE from President Jane at our
Annual Luncheon.

GENERAL DONATION CHALLENGE

Chapters donating \$100 or more to the
WVI or March of Babies will be entered
into a drawing for a Chapter Meeting Wine
and Chocolate basket. Each donation
qualifies for an entry. The winner will be
drawn at the Annual Convention Business
Meeting.



Third Trimester Challenge!

Open to individuals, chapters, or districts!

-Join our Facebook challenge group

-Send an email to ww@mnwt.org notifying me of your challenge involvement

-Post weekly in our Facebook group

Complete these items, and yours, your chapter or your districts name will go into a drawing during the Fall State business meeting!

PRESIDENTIAL SUCCESS BONUSES!

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)



FAST START ALL STARS!

Delores Hoseth

LPM REPORTS!

Lori Goutermont & Kathy Kessler

Julie Keets

Mary Sobczak

Stephanie Putzier

Mindy Roberts

THANK YOU!!

Women Veterans Initiative



Mission: To improve the lives and well-being of Women who have served in the military through access and innovative programs and services.

Areas of interest and improvement include:

I. Advocacy

Based on principles of equality and solidarity

Creation and promotion of innovative pilot programs for women veterans

Ensuring the involvement of women veterans in planning on all levels

Working at the state and federal levels in support of the Equal Rights Amendment

Raising awareness of the devastating effects of Military Sexual Trauma {MST}

II. Outreach & Networking

Sister-Assister ~ Would you like a "Battle Buddy" to accompany you to your Minneapolis or St. Cloud VA Medical Center appointments? Sometimes it's comforting to have somebody there with us. We have a group of female volunteers ready to assist you.

Coffee Talk ~ a casual get together for Women Veterans Only. We meet every 3rd Monday from 5-8pm.

III. Wellness

Women oriented programs grounded in a holistic, integrative approach to wellness
Focus on mind, body & spirit

Promote health through education, coaching, self-care and wellness practices
Tap into the body's natural healing capabilities

Involve individuals as empowered partners
Our bylaws and newsletters are available online.



Premature birth is the #1 killer of babies.

But it doesn't have to be. By raising money in March for Babies, you're supporting programs that help moms have healthy, full-term pregnancies, and funding research to find causes and preventions.

We are stronger together

Marching in a team is not only a better way to raise more funds, it also is a wonderful way to celebrate, honor or remember babies with others who care as much as you.

Start your team TODAY!

https://www.marchforbabies.org/Teams?si=&w=&u=&intcmpgn=PRV_MFB_MRQ_DWNLDTLS&PersonId=

Teams in action

Whether this is your first year or your 25th, you'll find that March for Babies is a fun, compelling and rewarding event.

We've been walking since 1970 and have raised an incredible \$2.3 billion to benefit all babies. Now we're excited to have you join thousands of people who share your passion for improving babies' health.



Lets put the FUN in FUNdraising!

Hold a donation based garage sale! You and your chapter members get rid of a TON of unwanted STUFF, and you get to raise money for one of our GREAT causes! Not pricing items makes putting the sale together a SNAP!



Often, when shoppers know that it is a fundraiser they will pay MORE for items then they usually would!



In a penny war, two or more groups compete to win a fundraising competition. Each group has a bucket for collecting coins or dollar bills. The value of any pennies collected by a group count positively toward that group's point total, while the value of other coins or dollar bills are subtracted.

-Consider competing against your pals chapter!

-Districts against Districts!

-Internal vs External!

-Officers vs LPM's!

The possibilities are ENDLESS!!