



Minnesota Women of Today
2024-2025 Fall State CIP
 Women's Wellness
 State Program Manager
 Wiggle to Wellness

Sue Sangren
 507-236-0402
 ww@mnwt.org
 www.mnwt.org



Updates on how it is going so far . . .

I have some personal news to share with you since my last CIP. I have went thru one of the most difficult times in my life when my husband of 14 years shocked me with a request for a divorce. My life turned upside down and I was in denial, mourning, shock, depression, and so many other emotions. I have not been able to do my position as your SPM with any sort of reliable dedication. As I write this newsletter up, I can see a dim light on the horizon. I am looking forward to a fabulous weekend at Fall State where we will be able to embrace my friends, find personal happiness and focus on my new future. As we enter trimester 2, I hope I can bring some fun ideas to you looking into the fall and early winter activities to keep your body moving.

Wiggle to Wellness is the theme for this year. Any form of movement can be fun and beneficial. At your next meeting, stand up and do the Hokey-Pokey, or the classic Chicken Dance. Try and contain your laughter as you have fun and move your body.

I SPY . . .
 An opportunity to show that you are reading this CIP. Text me a photo by November 15th of this image to receive a free gift at Winter Convention. Wiggle Wiggle

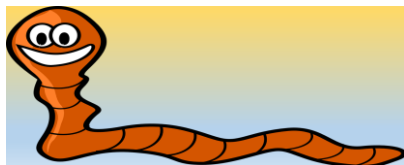


Table of Contents

Page 1	Greeting MNWT Calendar I SPY . . .
Page 2	Lois M Christensen Trimester Challenges Success Points

See the MNWT President Chapter Information Packet (CIP) for this Trimester's Bonus SUCCESS point information.

MNWT Calendar

October

- 1 990N filing due to IRS
- 4-6 USWT National Mid-Year Convention
- 23 MNWT Webinar
- 24 Make a Difference Day

November

- 1 **Women Who Impact awards due**
- 3-9 MNWT Membership Week
- 14 MNWT Orientation Zoom

December

- 1 Chapter Grant applications due to MNWT Foundation
- 1 Key Woman nominations due
- 15 All Renewals due
- 28 2nd Trimester Close Out
- 31 End of Trimester 2

January 2025

- 2 Project of the Trimester applications due
- 2 Outstanding Program Manager nominations due
- 7 2nd Trimester Success due
- 24-25 Winter State Convention

Please consult the MNWT official calendar at www.mnwt.org, under Events to ensure that other key dates are not missed.

LOIS M. CHRISTENSEN Women Who Impact award is designed to honor women who have made a valuable contribution to and impact upon their communities.

Lois M. Christensen was born on January 22, 1922. And we will gather together just a couple of days after her birthday at Winter Convention. I think we should celebrate this beautiful woman's birthday together!

I set a goal for myself to raise \$ 500 for the Women Who Impact award this year. I would like to encourage individuals, chapters, or districts to make a cash donation to the Women Who Impact award in memory of Lois to honor this woman. At Winter State convention, we can have a birthday celebration for Lois.

My challenge to the members of MNWT, make a cash donation of \$ 10 to the Woman Who Impact award in memory and to honor Lois by January 1st, 2025. I will have random drawings for a 6 pack of beautiful and delicious cupcakes to give away. The more donations given, the more cupcakes to give away.



Show me the Prizes!

I am offering 2 opportunities to win a special gift at Winter State Convention.

✓ **Submit a Project of the Trimester nomination**

Email submissions to ww@mnwt.org

Nominations are due January 2

Use this quick link to access the online form

[EmailMe Form - MNWT Project of the Trimester Nomination](#)

✓ **Submit an Outstanding Program Manager Nomination**

Email submissions to ww@mnwt.org

Program Manager nominations are due January 2

Use this quick link to access the online form

[EmailMe Form - MNWT Outstanding Program Manager Nomination](#)

Winners will be chosen in a random drawing

Thank you for your support in the MNWT.

Wiggle Wiggle,

Sue Sangren

Women Who Impact Award

Nominations due 11/1/24

I would like to thank Mary Kaminski, the Outstanding Awards Chair, for providing me with all the details needed for chapters to complete this award.

A Women Who Impact Award nominee can be nominated in one of three (3) categories:

1. Non-Profit, for example, community service, volunteerism, spirituality;
2. Youth Outreach, for example, special education, mentoring, 4-H, scouts; or
3. Women's Advocacy, for example, women's shelters, business, government, healthcare.

- Chapters can submit only one (1) entry per year per category; an entry fee will apply to each nomination.
- See Outstanding Awards Manual and Nomination Form for detailed instructions, judging criteria, entry fee and deadlines.
- The nominator and nominee must sign the Nomination Info Sheet and the Entry Resume. This can be an electronic signature. The signature will attest to all the facts contained on the form and gives permission for publication of these facts.
- Nominees are expected to attend the Winter State Awards Banquet, if nominee is a finalist.
- Entries must be postmarked by the entry date published in the Womens Wellness State Program Manager (WW SPM) Chapter Information Packet. Subcommittee Chair will acknowledge receipt of each entry.
- The posted entry fee must accompany each entry. Make checks payable to the Minnesota Women of Today and earmark it for the Women Who Impact Award. The fee will be used to offset the expenses of the awards banquet, reception and presentation. Any remaining funds will go toward the honorarium fund.
- Expenses for nominees to attend the awards ceremony are not the obligation of the Minnesota Women of Today and shall be absorbed by the nominee or the nominating chapter.