



**Minnesota Women of Today
2022-2023 Fall State CIP
Living & Learning SPM
“Slow & Steady Wins the Race”**

Marie Pedigo
503-661-6141
ll@mnwt.org
www.mnwt.org



Slow and Steady Wins the Race

Hello Living and Learning Local Program Managers (L&L LPMs)

We’ve had a busy 1st Trimester!! *** Let’s Celebrate***

I am encouraged by receiving so many of your fast starts and seeing the goals that you have set up for the year. I received 11 fast starts; thank you!!!

I received 14 MNWT L&L Certifications, 7 USWT Health & Wellness Certifications, and 4 chapters completed a Personal Enrichment Program (PEP) Course.

WAY TO GO!

Moving into 2nd Trimester:

Let’s keep working on making our goals by completing Minnesota Women of Today (MNWT) Living and Learning certifications, United States Women of Today (USWT) certifications, Organizing chapter PEP courses, and getting involved in competitions (impromptu, speaking and writing)

I am available for questions and Chapter/District visits. I am looking for invitations to attend your Chapter and District meetings. I can be reached via email at ll@mnwt.org. You may also contact me via text or phone at 503-661-6141.

Let’s continue having a fun year of living and learning.

Thank you,

Marie Pedigo

MNWT Living and Learning State Program Manager

ll@mnwt.org

October 26:	MNWT 2 nd Tri Webinar
December 31:	End 2 nd Tri
January:	Living & Learning Emphasis Month
January 27-29:	Winter State Convention

2nd Trimester Challenges:

1. Have your chapter complete a PEP course
2. Have one or more members submit a MNWT Living & Learning or USWT Wellness & Personal Development certification
3. Submit a 2nd Trimester L&L Project of the Trimester

Each LPM from chapters participating in my challenges will have their name entered into a drawing at Winter State Convention.

SUCCESS POINT OPPORTUNITIES:

- Participate in programming areas. 25 pts/project, 100 pts/submission
- Living & Learning Certifications: 10pts/member
- Complete a PEP Course: 50 pts/one course submission
- Submit a Project of the Trimester: 20 pts/entry, max 4/submission
- USWT Wellness and Personal Development Certifications: 10pts/member

****Celebration Page****

***** Fast Start Stars: *****

Aitkin, Albany (Tanya Rothstein), Anoka (Cortney Miller), Burnsville (Maureen Edstrom), Coon Rapids (Jenny Ohr), Duluth (Vicky Petrovich), Fairmont (Sue Bay), Maple Grove (Sue Jammes), Monticello (Michelle Kocak Jones), Motley/Staples (Nicky Anderson) and Sauk Rapids (Lisa Hahn)

MNWT LL Certificates:

Monticello:

Glorie Balfanz, Kayla Kleinsteuber, Michelle Kocak Jones, Debrah Manthei, Illeana Miller, Sara Rocksted, Sharon Scholl, Sara Sundine, Mercedes Turner

Anoka: Erin Maciej, Stefany Nikolaus

Sauk Rapids: Lisa Hahn, Jess Nelson-Rademacher

Rice: Sara Midas

Chapters Completing Personal Enrichment Courses (PEP):

Anoka, Burnsville, Duluth, Sauk Rapids

USWT Health & Wellness Certificates:

Byron: Amy Pumper

Duluth: Ronda Wagner

Hutchinson: Shirley Viesselman

Monticello: Connie Fink, Sharon Scholl

Rice: Sara Midas

Warroad: Carolyn Fortier



United States Women of Today

Challenge from Jill Kirschner-the USWT Wellness and Personal Development Program Manager

2nd TRIMESTER CHALLENGE

Yes, things have changed over the years, especially since COVID but do you really know how much things have changed? Just a few things I can remember is having my own phone in the early 70's. You had to rent your phone from the phone company. You could not own your phone. And every time there was an issue, the phone company made a house call to your home to fix or replace it. I also remember McDonald's advertising you can get a burger, fries and beverage and received change back from your \$1. Local phone books were delivered to each home; one white pages, one yellow (business) pages, and one local phone book by city. In the local phone book, it not only listed the resident names, address, and phone number, but the children's names and ages of each child as well. Not good! Before it's too late, interview a member of an older generation (does not have to be a relative, it can be anyone) about changes they have seen in their life span.

2nd TRIMESTER CHALLENGE is to write an essay or short story (300-500 words) about what you found out from this interview. I would love to hear what you learned. This is not a competition but writing an essay or short story is one of the items listed on the Wellness and Personal Development certification form. Send me your essay or short story by December 31, 2022 to be entered into a drawing. My email address is: wpd@uswomenoftoday.org

Speaking competition will be held in person at USWT Year End Convention

Topic: "I am the person I am today because of a special person or event that changed my life."

5 Minutes/\$5 Entry Fee

(Make check payable to: "US Women of Today" with "SPEAKING Competition" in the memo.)

DEADLINE: May 1, 2023

Click on the link below and fill out the "WPD Competition Stat Sheet".

<https://www.emailmeform.com/builder/form/bsby6YqRn6f4Jdb0>

You can then mail your \$5 check to me.

Slow and Steady, Wins the Race

Pause and remember - Slow and steady will get you where you want to go. If you put too much pressure on yourself for results too quickly, you will quickly give up.

- Jennifer Young

To make the quickest progress, you don't have to take huge leaps. You just have to take baby steps-and keep on taking them. In Japan, they call this approach kaizen, which literally translates as 'continual improvement.' Using kaizen, great and lasting success is achieved through small, consistent steps. It turns out that slow and steady is the best way to overcome your resistance to change.

- Marci Shimoff

