



Minnesota Women of Today
2022-2023 Fall State CIP
Youth of Today State Program Manager
“Let Them Bloom”

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Hello Minnesota Women of Today members,

It's hard to believe the first Trimester is completed and we are beginning the second trimester. That means one third of our year is complete. It was nice to see some of you at Fall Convention. Also, very happy that some of you were able to complete your fast start and many celebrated Kids week with your Chapter. CONGRATULATIONS!!!

If for some reason you were not able to get your year started that's not a problem as we have plenty of time and fun things going on. I am still offering an incentive of being put in a drawing if you donate \$25.00 to the Scholarship fund and also a separate drawing if you nominate a youth from your community for the Outstanding Young Adult Award that will be given to 3 youth at Winter State. The deadline is November 1st.

As the Youth of Today (YT) SPM I want to remind you my emphasis is in the area of mental health. Later in this CIP there is a list of suggestions you can do. I also have a goal of 50% of chapters to do a Youth of Today project. If your Chapter does one project in this area let me know and I will be put in for a \$25.00 basket at the end of the year. If your project is in mental health, you will be put in twice.

So please keep working with your community's youth and continue to “Let Them Bloom”.
In friendship,

Sue

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OYA Scholarship Nominations

Nov. 1,2022

Project of the Tri and Outstanding

LPM Jan 2, 2023

Programming Report Jan. 2,2023

Winter Convention Jan. 27-29 2023

Fast Starts: Congratulations to the following nine individuals for completing their Youth of Today LPM Fast Start.

Alexis Bunnell, Burnsville

Tari Hively, Duluth

Sandy Strossman, Sauk Rapids

Brianna Wolbeck, Albany

Sue Bay, Fairmount

Denise Willie, Aitkin

Cindy Schmitt, Monticello

Debbie Lingtka, Maple Grove

Sally Koltes, Melrose

Kids Week Events: Thanks to the following chapters for doing a Kids week event and letting me know. (Your Thank you gift was put in the District Director Bag.)

Fairmont

Aitkin

Byron

Burnsville

Duluth

Melrose

Benson

Albany

Avon

Fridley

Monticello

Anoka

Sauk Rapids

Rice

St. Cloud

New Hope

Brainerd

OYA Scholarship is a yearly honor awarded to 3 individuals that are making contributions to their community. I have heard many Chapters have a Scholarship Program at their local level, why not send an individual you have chosen on to the State level for the possibility of receiving another scholarship. If you do not have a scholarship program you still may submit an individual who is in the 11th or 12 grade that displays abilities in service, growth and fellowship. The form to complete and guidelines are on the MNWT webpage under the YT section. If you have difficulties finding it let me know and I would be happy to send it directly to you. Each submission has a fee of \$25.00 which goes into the scholarship fund. As SPM I have the responsibility of raising money for this wonderful program. As I mentioned above my goal is \$1000.00. I will be doing a grab and go breakfast at Winter Convention to help this cause. This will take place before the Business meeting. Everything will be reasonable priced in individual pieces. If fundraisers are not your thing your chapter or you as an individual can also make a cash gift to OYA of any amount. All donation of \$25 or more will be entered into a drawing for a special gift from me at the end of the year. I have a goal of receiving 10 nominations for these scholarships, they are due November 1. it is not too early to start with this process of doing the paper work. Your chapter will be put in a drawing for a gift at Winter State. Please help me reach this important goal.

Grab & Go Breakfast: I have heard that many would like to have a choice of a lighter cheaper breakfast. I will be having a grab and go breakfast at Winter Convention. There will be individual healthy items such as juice, fruits, granola bars, and more. All funds raised will go towards the Scholarship funds. Please come and get breakfast and support our Outstanding Youth Award Program.

Facebook Are you following the MNWT Programming Facebook page? If you have not liked this page, I encourage you to give it a like. You will receive useful information regarding programming. This is a shared site by all the Programming areas. There is a schedule if you are looking for specific details for each area. Saturday and Sunday the Programming Vice President will post, Monday the Community Connections SPM will post, Tuesday the Living and Learning SPM will post, Wednesday the Priority area Crescent Cove SPM will post, Thursday the Women Wellness will post and I will post on Fridays Youth of Today happenings. Please send me pictures of Youth of Today activities and projects so I can post for the whole state to see what you are doing. Please feel free to share posts to your individual pages so we can share our fun with others.

Sue's Challenges There are 4 ways to win a special gift from me!

1. Nominate a Youth for the Outstanding Youth Award. (Drawing at Winter State)
2. Make a donation of \$25 to the Scholarship fund (Drawing at Annual)
3. Nominate a Project of the Trimester and/or Outstanding Program manager (drawing at Winter)
4. Do one project in the area of Youth of Today this year and let me know what it was. If the project helps youth with Mental Health, you get two chances. Drawing at Annual)



Help someone bloom This trimester, I would like you to think about how you can help someone that is struggling with Mental Health. Many children face challenges every day that stay with them for a lifetime. It is up to us to help them deal with it as positive as possible. Doing a noncompetitive project is an excellent way to work with mental health as anxiety can be caused by winning and losing Having participation awards qualify as a Mental Health aspect as it considers everyone's effort and individuals do not feel bad. Anything that focuses on children's wellbeing would qualify as a mental health project. If you still can't think of anything there is a list below. Any project is good. Every Chapter that does a Youth of Today project will be put in a year end drawing but if you do a project that considers Mental Health you will be put in twice. Here is that list.

1. Partner with your school or PTA to find out what they feel you could do and work to accomplish a goal
2. Donate magazines to a mental health organization. Many use them for collages when working on feelings
3. Send a card to each class or a group of students telling them how important they are.
4. Have a speaker for your community regarding Youth Mental Health
5. During the summer or days off make sure that children are getting a meal.
6. Have activities that have no winner or losers or make sure each child receives something.
7. Participate in Unity Day. This is typically held the 3rd or 4th Wednesday of October because that is bullying awareness month.
8. Hold a fundraiser to buy books or other equipment for your school, preschool or other organization.
9. Have a mental health activity fair. One station could be on feelings, one station could be on journaling, another station could be on their positive attributes. There are many things that could be done.
10. Do something for a family with a disabled child.

Programming Success Points

Chapter Information Packet (CIP) for this trimesters Bonus SUCCESS Point Information." See MNWT Presidents CIP

If you have read this CIP, please let me know what your favorite part was and receive a gift from me. Email: yt@mnwt.org

A Program Article

Health consequences for bullying

[Ersilia Menesini](#) & [Christina Salmivalli](#)

Bullying brings negative health consequences for both bullies and victims, and it can have a negative impact on the bystanders as well (Wolke & Lereya, 2015). Several longitudinal studies from different countries, along with systematic reviews and meta-analyses, have demonstrated the relationship between school bullying or the experience of being victimized and later health outcomes. These associations hold even when controlling for other childhood risk factors (Arseneault, Bowes, & Shakoor, 2010).

In the past three decades, a significant effort has been put forth by researchers analysing the effects of bullying and victimization on physical, psychological, relational and general wellbeing. The main results show that adolescents who are bullied miss more school and show signs of poor school achievement (Nakamoto & Schwartz, 2009), report higher loneliness and poorer health (Fekkes, Pijpers, Fredriks, Vogels, & Verloove-Vanhorick, 2006), and greater levels of anxiety and depression than their non-victimised peers (Juvonen & Graham, 2014). These negative outcomes are also related to the severity of the victimization experience. Van der Plog, Steglich, Salmivalli, and Veenstra (2015) found that victims of frequent and multiple victimizations, and victims who were victimised by several bullies, suffered more than those whose experiences were less frequent or perpetrated by fewer peers. Reijntjes, Kamphuis, Prinzie, and Telch (2010) analyzed the role of internalizing problems and their relationship to bullying. They concluded that such problems appear to be both antecedents and consequences of peer victimizations, constituting a ‘vicious cycle’ that contributes to the elevated stability of peer victimizations. Studies have also linked victimizations to suicidal ideation (Holt et al., 2015);

for later criminal offending and psychotic symptoms. Klomek et al. (2015) confirmed this pattern and proposed a dose effect, in which more frequent bullying involvement in childhood is more strongly associated with adult adversities. The same authors concluded that bullying perpetration is followed by an increased risk of delinquency whereas victimization is followed by an increased risk of depression.

Bully-victims, victims and bullies had a significantly higher risk for psychosomatic problems than non-involved age-mates (Gini & Pozzoli, 2015), and victimization is a major childhood risk factor that uniquely contributes to later depression, even controlling for many other major childhood risks (Ttofi, Farrington, Lösel, & Loeber, 2011a).

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Remember, our Youth are our future. We need to always remember their Mental Health and well-being, so they can be our leaders tomorrow.