

10/6/17

Community Building Meeting

Attendees: Melissa Pappas, Tim Gjerdahl, Marlys Zerahn, Maryann Harrison, Ruby Steward, Jesse Thomas, Julia Hupperts

The meeting started with introductions.

The Community Building information from the Residents Council guide was handed out.

What activities are going on in your hi-rise. What community building ideas do you have?

All the rules preventing things like craft sales or inviting neighbors from the neighborhood to events can get in the way of things. (Also things like requiring certification for a resident to lead a class.) Carpentry crafts were asked about. There might be issues with some of the woodworking tools used.

A question was raised about making exceptions to some of these things. Doing something like working with Feed My Starving Children was asked about. Being in service to the community. Exercise classes were asked about. Exercise bands were given out but there needs to be instruction in how to use them safely. There is the possibility of having classes paid through the Challenge Grant. (There was a survey done last year to find out what hi-rises would like. Those results are being gone through now to determine how best to spend the Challenge Grant funds.) Hopefully activities can be implemented after January 2018.

Community Insider: The Insider is a newsletter sponsored by the Presidents Council that goes out to all hi-rises. All residents can submit things to the Insider. It is published quarterly. Items can be brought to the PC office or sent to insider@stphapresidentscouncil.org.

Make a list of your strengths. Also focus on what is working now for building community.

Next meeting: November 3rd at 10:00am

Community Building

- Encourages an inclusive community of mutual respect and harmony.
- A strong community will have a strong resident Council.
- A strong resident council will be able to "improve the quality of life and resident satisfaction ... to enable residents to create a positive living environment"

Each Hi-Rise is to have a contact person for Community Building. This person:

- Will report at their monthly resident council meeting detailing community-building activities, such as:
 - Bengo
 - Movie night
 - Game night
 - Coffee hour
- Will represent their Hi-Rise at a monthly meeting at 555 Wabasha with the community building representatives from other Hi-Rises. One representative from each Hi-Rise will receive a stipend from the Presidents Council for attending this monthly meeting.

The Presidents Council Executive Board is recommending the focus of the monthly downtown meetings be to mentor & encourage the Hi-Rise representatives by focusing on activities within each individual Hi-Rise.

- Community Builders can share what is happening at their Hi-Rise.
- What is working well.... And what is not working so well.
- Potential sharing of ideas, resources, contacts, etc.

5 Reasons Your Individuality Is Important

Many people get bullied or harassed in life because of their unique traits or qualities. But the fact is that the only people who bully these individuals are non-unique people! Other people who have some individuality in them, and let it loose, know what those confused and sad clones don't know. Uniqueness is important to our society and our world.

Here are 5 reasons why your individuality is important.

1. You Contribute Great Ideas To The World.

When you are unique you can think outside of the box. Limiting beliefs are not always there to hold you back from coming up with new ideas or seeing things in a new light. Many of these new ideas can help this world and the people who are in it. Creating a better life for everyone is left to people who think outside of the box.

2. You Are Not Influenced By Other People's Fears.

Many people will hold back from attempting something because of other people's fears. They are told by someone else that they can't do it or wouldn't be able to do it and they don't even try because of that fact.

People with their own minds tend to think for themselves. They decide whether they want to go for something they want and whether the risks outweigh the benefits. And most of the time they go for it! They achieve and do more with their lives than their cookie cutter peers.

3. You Lead The Way For Others.

Because you are more open-minded and willing to learn and try new things, you clear the path for people who have to see what will happen first before they try anything. You also clear the way for those people who have to follow the latest belief in order to feel part of this world. Every trend, fad, and present belief, was started by one unique individual who led the way.

4. You Live With More Joy.

People who pride themselves on being their own individual also are more aware of what makes them happy and take more pleasure in those things. They know what makes them happy and they go for it!

Many people who believe that their pleasures are wishful thinking or not plausible because of other people beliefs do not attempt to find their pleasure, but instead live a life of acceptable behavior and normality. In other words, they want to paint the scenery they see and they know it would give them pleasure, but because other people would judge them or make fun of them for painting they just don't even bother.

5. You Inspire People Like You to Live Their Lives More Passionately.

Many people are scared to break out of their shells with their own individuality. They don't see anyone around them like themselves and don't want to risk the judgement from the peers. But many people are inspired to do so when they see the freedom that your uniqueness gives you. You allow people to break free from their pretend self and live their life out with the joy of being their individual selves.

As you can see, being an individual is not only important to your own well-being but leads the way for others to be happy as well. So be who you are meant to be and live with no regrets. You will thank yourself later in life and you will feel better about yourself now.

