

TODAY'S LEADER



Cindy Umland
United States
Women of Today
2021-2022 President



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Greetings USWT

I've always heard that the year goes by fast as president; we have two months left to make our tree greener and fuller with all our achievements this year, that's 60 days, 1440 hours, 86,400 minutes or 5,184,000 seconds. I ask that you make each moment matter, whether in your personal or volunteer life; we have the ability to do anything.

Please let's all choose a branch and help this year's staff reach their dreams. You could take time to fill out a certification form, ask a friend to a meeting and be sure to ask them to join. Are you attending Annual in Duluth? Let's make a difference with a donation to Casada, the shelter. If you aren't attending you can also order thru Amazon and have it delivered directly to them. Or send a gift card and they can shop. I want to encourage you also to fill out the All American Chapter Certification and see if you can do your Outstanding Achievement in Programming. We appreciate your support. Also, we hope to meet many of you while we are out attending State events this spring.

I have one other thought I wanted to share and I believe Women of Today does so well, there are actually two sayings similar but different. Number 1.... Sometimes you just need to punt... if you make plans to do certain events but maybe the weather changes or someone calls out sick. I feel we all need to remember the ultimate goal at hand and be flexible and just adapt to what you need to. Some people will make a plan if this happens we do this or if not we do this, as long as no one gets hurt and you can reach the goal be flexible like a branch. Number 2... Make lemonade out of lemons. It's that same concept; will you sit and dwell on something and be a sour lemon or add a little water and sugar and make it into lemonade. Of course I want all your plans to work out as planned but we all know sometimes other things happen. Please share with me a time when you punted or made lemonade out of a situation.

Make your Dreams come true and Branch Out.

In Friendship

Cindy Umland

USWT President

**ANGELINA DIETZ - CHAIRMAN OF THE BOARD***"Walking on Sunshine"*CONTACT: cob@uswomenoftoday.org

It is that time of year to think about your role in our organization. What does that look like? Is there a leadership role in your future? Your chapter, state and the USWT need leaders like you to step up and share your leadership ability, ideas and enthusiasm. Just know that you are not alone when you take on a leadership position, no matter what level of the organization it is on. Everyone is supporting and encouraging you to be successful. You have many individuals that you can talk to. Now is the time to take a step out of your comfort zone.

Our elected positions are those of President, Secretary, Membership Vice President and Programming Vice President.

The positions of program managers and directors are done by the bidding process at the board of directors meeting. Those positions include Extensions Director, Public Relations Director, Wellness and Personal Development Manager and Domestic Violence Awareness Manager.

Whatever your passion is, I am here to help you get your Plan of Action and State Information Packet done to start your year off on the right foot.

For more information please contact me at cob@uswomenoftoday.org

Angie Dietz
USWT COB

What are your plans for the 2022-2023 year in Women of Today? Whether on the chapter, state or US level, YOU ARE NEEDED!!

"Cool Rules for
Running Smooth"



SUE BEATTIE - PARLIAMENTARIAN

"Cool Rules for Running Smooth"

CONTACT: parli@uswomenoftoday.org

A review meeting of the bylaws and policies for the USWT was recently held via Zoom. There will be a few proposed changes introduced soon for your consideration.

I would like to thank everyone on the committee for taking the time to ensure that our organization is running effectively and efficiently.

That time of year is fast approaching – nominations and elections. Here is how to manage nominations at a meeting:

- After the chairperson of the Nominating Committee gives the report of the committee – the nominations for each office, the chair then *repeats the nominations and asks for nominations from the floor*.
- Any member can give a nomination from the floor. She/he does not have to rise and address the chair, but can call out the name of a nominee from where seated.
- A nomination does not need a second.
- The chair repeats the nomination and asks for further nominations.
- The chair first gives the name of the nominee of the committee and then asks for nominations from the floor for that office. This is done for each office until all have been completed.
- The chair can take the vote after each office. Or take all the nominations for all offices first, and then take the vote on each office. This should be established by a rule.

Sue Beattie

Proposed Policy changes:

Policy 1 Elections:

Section 1. A. Delete: file after February 1 and add: file after January 1

Section 1. C. Delete: may announce ninety (90) days prior and add: may announce one hundred twenty (120) days prior

Section 1. H. Delete: on the website from April 1 and add on the website from March 1

Brought forward for discussion:

By-laws

Article VII Elections and Appointments

Section 1. Delete: They shall not be eligible for appointment to the same office until a one (1) year period has elapsed and add: They may be eligible for appointment to the same office for the maximum of a two (2) year period.

If passed, would need to update:

Policy 2 Program Managers and National Program, Section 1 C following: will be for a period of one (1) year add: or, will be for a period of two (2) consecutive years upon approval of a new bid.

Policy 4 Directors, Section 1 following: will be for a period of one(1) year add: or, will be for a period of two (2) consecutive years upon approval of a new bid.

**CATHY SNYDER - MEMBERSHIP VICE PRESIDENT**

"Bee-lieve"

CONTACT: mvp@uswomenoftoday.org

March Madness Challenge

I will be celebrating my 56th birthday so won't you come celebrate with me? What I am asking you to do is to help me sign 56 new members between March 1st and May 1st. If you sign a member you need to contact me by Facebook or text me at 320-224-5722. If you sign a member your name will be entered in a drawing for \$56.00 cash; but if you sign a member on my birthday, which is March 6th, your name will be entered in the drawing three times, so let's have fun this year for my Birthday. Don't forget also to fill out your STEP form when you sign a new member with STEP 3 or 4.

Come celebrate my birthday on March 6th at 6:30pm where we are going to be holding a Bingo Bash Birthday party online. Let me know if you would like an invite to come and have fun. There will be prizes!

Cathy Snyder
Membership VP



MICHELLE CRANDALL—EXTENSIONS DIRECTOR

Hello to all my Women of Today Friends,

Can't believe we are already into our last Trimester. Have you thought about starting a new chapter/state?

I'm excited to announce that we have received three Intents to Extend for chapters/states.

They are: **Marietta, GA; Olathe, KS; Denver, CO**

If you know of anybody that lives in one of these areas, please contact Michelle Crandall: Extensions@uswomenoftoday.org

Website: USwomenoftoday.org



MICHELLE CRANDALL - EXTENSIONS DIRECTOR

"Birds of a Feather Extend Together"

CONTACT: extensions@uswomenoftoday.org

The first year of a new chapter's life is a very important one. This year will build the base for a strong chapter. You will train and develop the members and make significant change in the community.

The following check list is meant to serve as a guide to get things started. There are many other steps that you may find necessary to get going. There are no dumb questions, so ask them as needed. Never hesitate to ask for help. There is always someone willing to help in order to make this Extension into a healthy strong chapter.

- _____ Required extension Forms completed and mailed
- _____ Dues paid in full for all members
- _____ Liability insurance checked into
- _____ Bylaws and Policies approved 90 days after charter date
- _____ Charter Fee paid
- _____ Filings for Article of Incorporation and various tax forms in process
- _____ Bank account set up. (checks require 2 signatures – President and Treasurer)
- _____ Permanent mailing address established (A Post Office Box with Post Office Street address works well)
- _____ Hold a Chapter Planning Session within 90 days of your charter Date
- _____ Work on Plan of Action
- _____ Work on a budget
- _____ Plan a Ways and Means Project
- _____ Plan a Community Service Project
- _____ Plan a Social event for your chapter (Charter Celebration)
- _____ Local President – establish membership and chapter goals. This should be developed with the assistance of the membership.
- _____ Local Office Training Session held
- _____ Orientation held for Local Program Managers and members held
- _____ All members participate (not necessarily certify) in STEP I
- _____ Use agenda at all meetings – give copy to members
- _____ Have local newsletter
- _____ Are members attending meetings?
- _____ Are members attending projects?

I have some fun challenges & incentives:

INCENTIVE: Teams that send me an intent to extend AND have 2 events scheduled on or before April 30th will receive an incentive.

SPECIAL CHALLENGE: Teams that send me an intent to extend AND complete the extension by April 30th will receive a gift card to purchase supplies for a membership night.

AND

You will also be placed in a drawing for \$25.00 cash, that will be given at Annual Convention.

Let's show growth this year.

Remember ***"Birds of a Feather Extend Together"***.

Money Matters



LAURA MORRIS - TREASURER

"Money Matters"

CONTACT: treasurer@uswomenoftoday.org

We only have a couple of months left in the year! Our popular fundraiser this year is the "Leave a Message" which we are repeating for annual convention in Duluth. You can send me your money in the mail and your messages via email, if you will not be able to attend Annual Convention in June. Your message to any US Women of Today member will be delivered to them. Branch Out and be a part of our beautiful wall tree that will be the backdrop of many pictures at Convention.

LEAVE a Message Fundraiser

\$2.00 Each Leaf or 6 Leaves for \$10.00

[Email Laura Morris, USWT Treasurer at treasurer@USWomenofToday.org](mailto:treasurer@USWomenofToday.org)



3rd Trimester CHALLENGE:

Afghan Raffle

We are raffling this beautiful handmade red, white, and blue afghan to raise money for the Alzheimer's Association. If you participate in this raffle, you will also be eligible to win a \$25 Amazon gift card at Yearend Convention. You will have double the chances to win a prize!

Tickets are \$2 each or three for \$5





JENNIFER LANTZ - PUBLIC RELATIONS DIRECTOR

"Women of Today Rocking It in the USA"

CONTACT: pr@uswomenoftoday.org

There are so many things to get involved in with Women of Today so take the time to reach out, broaden your horizons and go full force to submerge yourself with STEP activities to getting a new member into your Chapter. These cold wintery days won't last forever but in the meantime, start planning on how you want your Chapter to look this summer.

I am happy to announce each Chapter will be able to help in Duluth at our Year-End Convention with Buckets of Sunshine. We will be helping CASDA (Center Against Sexual & Domestic Abuse, Inc.) which is a 24-hour non-judgmental support center for victims of sexual assault, domestic violence and child abuse.

There are many needs when it comes to these shelters and here are just a few of the ways you can help. Each Chapter can financially support CASDA by donating to their cause or donating to their Emergency Shelter Program wish list. Following are some of their needs:

- Cleaning supplies
 - * disinfectant spray and wipes
 - * all-purpose cleaner
 - * floor cleaner (Pine-Sol)
 - * toilet bowl cleaner
 - * laundry soap
 - * dish soap
 - * bleach.
- 42+ gallon heavy duty garbage bags
- 13-gallon garbage bags
- Zip-lock bags (quart and gallon)
- scrubbing pads/sponges
- dryer sheets.
- Personal care items
 - * toilet paper
 - * facial tissue
 - * hand soap/antibacterial (pump)
 - * deodorant
 - * lotion
 - * over the counter meds for adults and children
 - * brushes and combs
 - * dental floss

For those interested in helping the children of the shelter, please consider donating these items:

- new backpacks and school supplies (crayons, markers, glue, pens, notebooks and folders)
- shampoo
- body wash
- hair care items
- deodorant
- feminine hygiene products
- acne skin treatment for teenagers
- generic birthday, holiday, celebration gifts for children of all ages which could include games, dolls, toys, art supplies, nail polish and sporting equipment.
- The children can utilize clothing donations also but please call before bringing clothing items as their storage space is limited.

If you would like to give to but do not want to bring all the items to Duluth, you are also invited to go to their Amazon Wish List which can be found on their website <https://casda.org> under the tab Get Involved.

For anyone who needs their support now though, there is a 24-hour Help Line: (800) 649-2921. We will be hearing about the shelter at our convention so make sure to let DVA Manager Deb know if you will be donating since we will be keeping track of our donations. Please choose to help these victims and check out their website for more information about their program in Superior.

If you need help promoting your Women of Today Chapter, had articles published or are looking for ideas, please contact me and I can help you with your Chapter's needs.

Jennifer Lantz
PR Director



TRACEY PIERSON - PROGRAMMING VICE PRESIDENT
"Together WE are Stronger"
 CONTACT: pvp@uswomenoftoday.org

Thank you Minnesota for the invite to Winter Convention; hopefully I can make other state's conventions.

My challenge for 3rd trimester is to go sugar free for 30 days! Well I made it 12 days in January!! I am going to start back up again and see how long I will make it this time.

Reminder Programming Zoom Training February 22nd, March 29th and April 26th

Thank You for turning in community connections it was a GREAT 2nd trimester

Here is the website to fill out forms for Community Connections, OAP & Project Reports

Outstanding Achievement in Programming

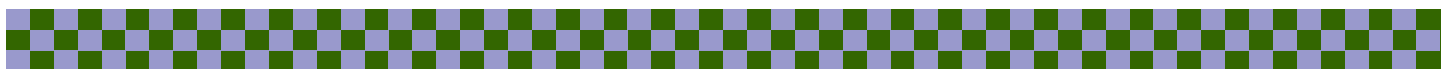
<https://www.emailmeform.com/builder/form/2uO770fxqla4fajko>

Community Connections

<https://www.emailmeform.com/builder/form/d5eidGpBVfad95oDs>

Project Reports

<https://www.emailmeform.com/builder/form/NFWRVy8fO8dD6KTLlcj17>



JO ANN MILLER - SECRETARY
"BEE Factual"
 CONTACT: secretary@uswomenoftoday.org

My theme this year is "Be Factual". Be accurate in what you tell others; if you don't know the answer, tell them you'll get back to them. I ran into an example this week of what happens when you don't have the correct information. I had to renew my driver's license in December. I requested the REAL ID and was told I had everything I needed except my birth certificate. I had a certified copy at home but decided to save time and have them get me another copy. I received my temporary license and left happy expecting to get my new DL in a few weeks. When I picked up my mail yesterday I was happy because I thought my DL was here! Boy, was I wrong! After two months, I received a letter from the state telling me I needed my marriage certificate also!! I have a copy here, so that's not the issue—the issue is that I should have been told this when I was told I needed my birth certificate. The person who assisted me should have known that I would need proof of ALL name changes since birth in order to meet the requirements. This means another trip to the courthouse and a possible two months or more to get my new license. This all could have been avoided if the person working had known the facts of what was needed or had double checked. **BE FACTUAL** in dealing with others! People really appreciate it and it can save time and money in many cases for them.



Color a Better World

**DEB MCDONALD - DOMESTIC VIOLENCE
AWARENESS PROGRAM MANAGER**

"Color a Better World"

CONTACT: dva@uswomenoftoday.org

Why is Domestic Violence Awareness often represented by a purple ribbon? This is considered to be "a unifying symbol of courage, survival, honor, and dedication to ending domestic violence." These days, people wear purple to create awareness during Domestic Violence Awareness Month (DVAM) by wearing a ribbon or other purple items like t-shirts. Thank you all for wearing purple in October for DVA! Everyone wearing purple had their name entered in a gift drawing.

In February we brought awareness about the violence in our teen's dating environment, as February is known as Teen Dating Violence Awareness Month. I challenged members to join the National Week of Respect and wear Orange in February in support of Teen Dating Violence Awareness to bring awareness and change to communities while making a difference in the future!

Programming-Resources. If you have questions, please reach out and ask. We are here for you! Our website address is: www.uswomenoftoday.org. Be sure to go out and see all the updates frequently! Here is some information about Domestic Abuse in Later Life. Abuse in later life comprises financial, physical, sexual, and emotional abuse, abandonment and neglect. Perpetrators are people with whom the victim has an expectation of trust, particularly spouses, intimate partners, adult children, grandchildren, other family members, and non-related caregivers. Perpetrators typically, but not exclusively, abuse older adults in their places of residence. For more information go to https://assets.speakcdn.com/assets/2497/abuse_in_later_life.pdf. Another site to look at State-by-State Statistics on Domestic Violence is: <https://www.ncadv.org/state-by-state>. We just have a couple more months until the official Women of Today's end of year. There will be a convention in June, in Duluth, Minnesota. On June 1, Saturday, Someone from CASDA in Superior Wisconsin will join us at our luncheon. We will present to her all the Buckets of Sunshine donations that were donated by you very generous members. Their web site is: <https://casda.org/get-involved/>

USWT- PR, Jen and I would love to see every chapter participating in the US Buckets of Sunshine.

For every transmittal that I receive, recognition and incentives will be given. I thank you in advance for all your support and dedication in helping to stop the violence.

Thank you for spreading the word and making a difference in our communities!

Deb

**"The bad news is time flies. The good news is you're the pilot."
— Michael Altshuler**

Bee Your Best Self



**JULIE HUTCHINSON - WELLNESS & PERSONAL DEVELOPMENT
PROGRAM MANAGER**

"Bee Your Best Self"

CONTACT: pvp@uswomenoftoday.org

Brrrrr – it's wrap yourself in a blanket and cuddle on the couch type of weather. Oh, and grab the snacks and a warm cup of the beverage of choice. If this is your winter routine – you are not alone. It takes a commitment from yourself to maintain or work towards a better self. My 3rd trimester challenge reaches out to those of you who have found that drive or determination to work towards a goal that you set for yourself. I'm including the actual challenge and a weekly planner that might help keep you on track.

I have another opportunity for you to challenge yourselves this year --- Effective Writing and Speaking Competitions scheduled to be conducted at our year end convention in June. So start thinking now and compose those thoughts on **"How are you working on bee-coming your best self in the WT year 2021 – 2022?"** I am looking forward to reading your entries.

My hope is that you are all healthy and working towards your goals. But, also build in a forgiveness factor for those times when you might detour from your plan. Please take time to practice a little self-love for yourself.

My best to you all.

Julie



Every day is a gift, with moments for happiness within it. Notice the positives in your life and enjoy them to the fullest.



Self-Love and What It Means

Posted: February 12, 2020

What is self-love?

Before a person is able to practice it, first we need to understand what it means.

Self-love is a [state of appreciation for oneself](#) that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve.



Self-love can mean something different for each person because we all have many different ways to take care of ourselves. Figuring out what self-love looks like for you as an individual is an important part of your mental health.

What does self-love mean to you?

For starters, it can mean:

- Talking to and about yourself with love
- Prioritizing yourself
- Giving yourself a break from self-judgement
- Trusting yourself
- Being true to yourself
- Being nice to yourself
- Setting healthy boundaries

Forgiving yourself when you aren't being true or nice to yourself

For many people, self-love is another way to say self-care. To practice self-care, we often need to go back to the basics and

- Listen to our bodies
- Take breaks from work and move/stretch.
- Put the phone down and connect to yourself or others, or do something creative.

Eating healthily, but sometimes indulge in your favorite foods.

Self-love means accepting yourself as you are in this very moment for everything that you are. It means accepting your emotions for what they are and putting your physical, emotional and mental well-being first.

How and Why to Practice Self Love

So now we know that self-love motivates you to make healthy choices in life. When you hold yourself in high esteem, you're more likely to choose things that nurture your well-being and serve you well. These things may be in the form of [eating healthy](#), [exercising](#) or having [healthy relationships](#).

Ways to practice self-love include:

- **Becoming mindful.** People who have more self-love tend to know what they think, feel, and want.
- **Taking actions based on need rather than want.** By staying focused on what you need, you turn away from automatic behavior patterns that get you into trouble, keep you stuck in the past, and lessen self-love.
- **Practicing good self-care.** You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily through healthy activities, like sound nutrition, exercise, proper sleep, intimacy and healthy social interactions.

Making room for healthy habits. Start truly caring for yourself by mirroring that in what you eat, how you exercise, and what you spend time doing. Do stuff, not to “get it done” or because you “have to,” but because you care about you.

Finally, to practice self-love, start by being kind, patient, gentle and compassionate to yourself, the way you would with someone else that you care about.

Written by [Jeffrey Borenstein, M.D.](#), President & CEO of the Brain & Behavior Research Foundation.

Wellness & Personal Development



For my 3rd Trimester Challenge, I am going to ask you to try to keep to your resolutions for at least 30 days. As most of us are going to try to improve our health, either by losing weight, eating healthier, getting more exercise or to stop smoking – I have created a quick weekly planner that you can print off and put front & center on the refrigerator to customize to your own life. By keeping the planner on your frig or other prominent spot that you will see every day – is just another reminder that you are worth it and worthy of all the effort it takes to reach your goal(s). After you have completed 30 days, send me an email @ WPD@uswomenoftoday.org and let me know what your #1 goal was and how you convinced yourself to keep working towards success. Don't forget to include your chapter and state and I will recognize your efforts with an incentive at our year end meeting in Duluth, MN.



Weekly Planner

| Month _____ | | Week of _____ | | | Year _____ | |
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| To Do | List | Notes |
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A Very Happy "Welcome to Spring" Greeting to all our Women of Today Sisters!

The Valley of the Sun has two external foundations that we adopted to support several years ago. The first is the domestic violence shelter, *A New Leaf*.

A New Leaf's Sexual and Domestic Violence Programs provide any survivor of domestic violence with the choice and ability to safely leave.

Domestic Violence Services are tailored to address the immediate physical and emotional safety needs of those experiencing abuse in their home or familial relationships.

Besides donations of domestic supplies last Fall and bags of Halloween candy in October, and through the generosity of our members, in February the Valley of the Sun Women of Today donated 48 "Mommy Bags" to the children of *A New Leaf*. The "Mommy Bags" are given to children who must go with their moms for court dates. They contain various new items to entertain the children, such as coloring books and crayons, card games, books, small toys, stickers and snacks.



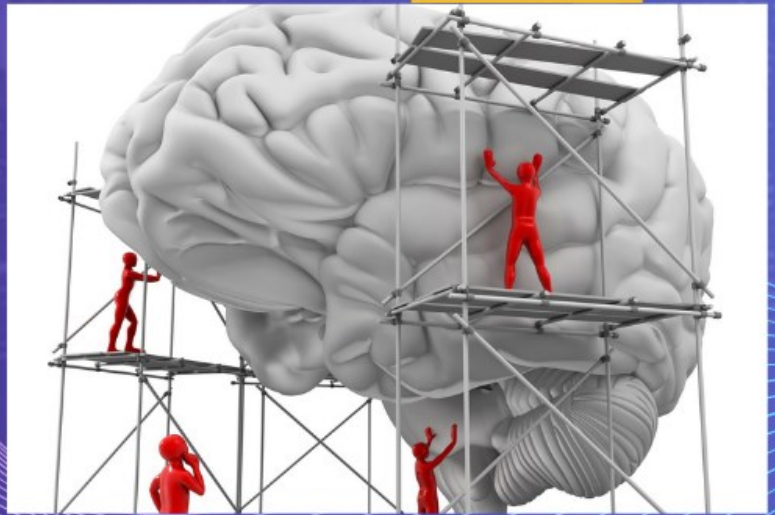
Our second foundation is Multiple Sclerosis. This cause is very special to one of our members, Leatrice Dewey, who was diagnosed with MS a number of years ago. She has, for the past 16 years, sponsored a Spring MS Pie Auction. Several years ago, the Valley of the Sun Women of Today offered to assist her. And since then, our members have decorated the tables, donated pies and, on some occasions, even bid on and purchased pies at the auction. At the latest pie auction on February 20, a very successful turnout resulted in a total of \$6700 raised, from the 56 pies that were donated and auctioned. We will continue to be honored to assist Leatrice in her future fundraising efforts for Multiple Sclerosis.

We are proud to have the opportunity to contribute to these two worthy foundations. Although our members are not great in number, we are proof positive that it's the heart of the members that make a difference.



IOWA PHILANTHROPIC: MENTAL HEALTH AWARENESS 2021-2023

Iowa supports a new philanthropic biyearly. The state raises money through 3 fundraisers a year.



100 PERCENT PROCEEDS TO THE NEED OF THE PERSON(S) OR ORGANIZATION CHOSEN.



IOWAWT@GMAIL.COM
6641-229-0022



FIND US ON FACEBOOK:
IOWA WOMEN OF TODAY

“Success is not final, failure is not fatal: it is the courage to continue that counts.” - Winston Churchill



Greetings from Minnesota –

Happy 3rd trimester to everyone from Minnesota. It has been an enjoyable year in Minnesota reconnecting with our communities and the organizations we support. Each of our chapters have many local organizations they support throughout the year—from first responders and food shelves to schools, elder care facilities, domestic violence homes and more. The local chapters and their reach within each unique community is the heart of Minnesota Women of Today.

On a state level each MNWT State Programming Manager has an option to promote a foundation or cause of their choosing. This year our Youth of Today Program Manager is promoting Youth Food Insecurities in local communities. Our Women's Wellness Program Manager is educating members monthly on female life stages, as they pertain to the reproductive cycle, and provide resources for managing life stages. The Community Connections Program Managers is sharing information about Courage Kenny Rehabilitation Institute, an organization for people with disabilities to get services.

We also have three organizations we promote and support every year as part of our state programming foundation.

- Under the area of Community Connections, we promote True Friends at least one trimester every year. True Friends is a nonprofit organization providing life-changing experiences that enhance independence and self-esteem for children and adults with disabilities, serving over 25,000 individuals annually. They welcome individuals of all ages with and without diagnosed disabilities, including developmental or physical disabilities, as well as various health conditions.

- The Women's Wellness area promotes March of Dimes one trimester each year. March of Dimes leads the fight for the health of all moms and babies. They support research, lead programs and provide education and advocacy so that every family can have the best possible start. Building on a successful 80-year legacy, we support every pregnant person and every family.

Every three (3) years, our membership votes on a new priority area to support as a state. Crescent Cove is our 2021-2022, 2022-2023, 2023-2024 Priority Area. The Crescent Cove Respite & Hospice Home for Kids is the first and only Home in Minnesota and the third in the United States. A vibrant and joyful home-away-from home for kids with life-threatening conditions, where each moment is embraced and celebrated. All services and stays provided at Crescent Cove to kids and families are at no out-of-pocket costs. You do not need to live in Minnesota to utilize their services. Watch our introduction video to membership to learn more about this organization

(<https://youtu.be/u7YhDKRlfok>). Note, the video starts playing at the 20 second mark.

Along with the many foundations Minnesota supports, I feel it is important to mention the foundation that supports Minnesota, our chapters, and members. The MNWT Foundation was established in 1983 to support the projects and programs of the MNWT. The purpose of the foundation is to raise and distribute funds to help further the educational, training and fundraising projects of the organization. It is not a committee of the Minnesota Women of Today but a separate 501(c)(3) tax exempt organization. A few of the many ways we are supported by the foundation include.:

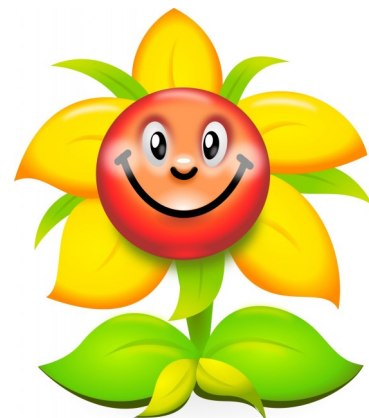
- Coordinated trimester membership team incentives and rebates for chapters.
- Support of the Executive Director office needs.
- Support of the MNWT Outstanding Young Adult scholarships.
- Support of the MNWT Person with Determination, and Women Who Impact Honorariums.
- Extensions Funding: Up to \$150 in funding is available to assist extension teams with an extension.
- Newly Extended Chapter Grants: A matched grant of up to \$250 of a new chapter's funds earned from a chapter fund-raiser(s), within two years of the chapter's charter date.
- Newly Extended Chapter Loan: An interest-free loan up to \$200.
- Chapter Reactivation Grant: A matching grant up to \$200 of a reactivated chapter's funds earned from a chapter fundraiser(s).
- Chapter Reactivation Loan: An interest-free loan up to \$150.
- Chapter Grant: A program designed to give a chapter the funds needed to do that special project they would be unable to run without financial support.
- Marketing Grant: A matched grant to support a chapter's marketing needs.
- Straight River Scholarship: A scholarship of up to \$400 to assist a MNWT member to enter or continue in an educational program that enhances their skills with physically or mentally handicapped individuals.
- Cheryl L Anderson Scholarship: A scholarship of \$500 to assist a MNWT member to enter or continue in an educational program of their choice.

"Belief in oneself and knowing who you are, that's the foundation for everything great." Jay-Z

In Friendship,
Anna Nichols
2021-2022 MNWT State President



*I love the spring.
For every day
There's something new
That's come to stay.
Another bud
Another bird
Another blade
The sun has stirred.*





Beary Special Friends

Greetings from Nebraska,

Membership Events are so successful for our Nebraska Chapters. We have also done many fundraisers and have prospective members attend and join. John C Fremont days is a huge event for the Fremont Area chapter. It consists of a Rodeo concession stand and with this we have had prospective members help and have joined. Another membership Event that our chapters held is a Progressive supper, which consisted of going to a members house for the hors d'oeuvre and second house went for the main meal and the third house was dessert. We have done a pizza Ranch fundraiser and have had prospective members join chapters because they like what we do in the communities. March Madness is a huge membership event that we do. I can't wait to see what all of our chapters in Nebraska will do this year. The goal is to have every chapter be base + 1 and I know chapters can do this. So stay tuned on what our chapters will be doing for third Trimester.

Cindy Urlacher
Nebraska President

Do you want to make a difference and raise money for the Alzheimer's Association?? The photo below could be yours... Tickets will be available at events Cindy attends, on state visits and Annual Convention. Chances are \$2 each or 3 for \$5... the winning ticket will be drawn at USWT Annual Convention 2022. And one member will get this.





FRIENDSHIP THROUGH PENNSYLVANIA WOMEN OF TODAY 2021 - 2022

Hello US Women of Today,

Our 4 chapters are chugging along, doing lots of stuff in our communities. We've been hanging out with Santa, delivering food to families in need, funding scholarships for students in our towns, and gearing up for our 3rd Trimester meeting which is being hosted by the Dover Women of Today on April 30, 2022. We welcome any and all visitors!

At our 3rd Trimester meeting, we will be electing new officers for the 2022 – 2023 year – at least I hope they will be new!!! Stay tuned for further developments!

The PA Women of Today support USWT charities and foundations, including domestic violence awareness, but we don't have a specific state project that we support. Our chapters are constantly supporting their towns in many ways.

I am looking forward to attending USWT Annual Convention in Duluth in June. Hope to see many friends and make new ones!

Happy Spring!

Terry Pronko, President

Would you like one of these beautiful tee-shirts? Just go to <https://uswomenoftoday21.itemorder.com/>. They are only \$18 each.

Description

- 100% preshrunk cotton
- double-needle stitching throughout
- seamless collar
- taped shoulder-to-shoulder





United States Women of Today

All American Chapter

This award is designed to provide national recognition for those Women of Today chapters who have planned and accomplished a well-rounded program of projects and activities that exemplify the US Women of Today creed. Accomplishment of these activities will help the chapter provide the opportunities of leadership, training, community service, personal enrichment and fellowship for its members. Take pride in your accomplishments and share the completion of this All-American Chapter program with your chapter members. Upon completion of the following criteria, the Chapter President must sign the form and mail it to USWT President, postmarked no later than May 10.

Chapter _____ State _____

President _____

Conduct an officer orientation/training for local officers, program managers, chairmen, etc.
Date _____ Number attending _____

Conducted by _____

Hold an orientation of the general membership, including an overview of your state organization and the U.S. Women of Today.
Date _____ Number attending _____

Conducted by _____

Have a prepared budget for your chapter. (Include a copy)

Complete three (3) **external** projects, programs or activities; these may be national programs, state or local priorities. List project/program, date and description.

- a. _____
- b. _____
- c. _____

Conduct three (3) **internal** programs or activities; these may be national programs (Health & Wellness, Personal Development, or STEP,), state programs or local opportunities. List program, date and description.

- a. _____
- b. _____
- c. _____

Conduct a Mid-Year Evaluation with chapter officers or the general membership to take a look at the progress made to date, suggested changes, etc. Attach an agenda or brief synopsis of evaluation.

Date _____ Number attending _____

Offer a fun social activity for chapter members. Attach a brief description of the event.

Date _____ Number attending _____

Hold a Ways and Means fundraiser (to add money to chapter treasury for operating funds.) Attach a brief description of the event.

Date _____ Amount Raised _____

Have two or more chapter members attend a Women of Today meeting other than the local chapter; examples are a visitation to another chapter or attendance at a district, region, state or national meeting.

Date _____ Number attending _____

Meeting attended _____

Add at least four new members to your chapter or complete an external extension between May 1 and April 30. Verification will be obtained from US Membership Vice President or US Extensions Director.