

# TODAY'S LEADER



Cindy Umland  
United States  
Women of Today  
2021-2022 President



**In this issue:**

- ◆ President's Letter
- ◆ National Staff Updates
- ◆ A Creed to Live By Poem
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- ◆ Year-End Enrichment Forum

Greetings United States Women of Today Members,

As I sit here trying to decide what kind of inspiration for my final letter to you as President is, I had a couple thoughts. My hope is that this will inspire you to take a chance and try a new endeavor aka... **Branch Out**.

Being a member of Minnesota, I know we have lots of opportunities in our state, and I am thankful for all those as it provided me leadership training, personal growth, and many, many friends all over the state. Where I've learned more about the diversity of our organization with a totally different opportunity for personal growth, leadership, and a variety of other ways to give back, along with the importance of communication, is serving on the National area. Many states have different ways of saying the same thing. Some states have different positions than what I correlate to what we have on National, and it's **OK**; the most important thing is we all work together towards our mission of Service, Growth and Fellowship to our communities. If you are looking for a chance to make even more friends and build a stronger tree and reach for something new, maybe it's time to **Branch Out** and take on a National position. If you are interested, contact Chairman of the Board Angie. Its okay to try a variety of positions; it will add color to your tree.

My other thought I want to share is to say THANK YOU for allowing me to serve you this year as National President. Did I reach all my goals? No, but it's okay. The goals I've reached are ones I feel are important to the future of our organization. Some I didn't expect to. I've learned how to be an even better communicator in other ways. Each of you I've met along the way has added new branches and leaves to my tree. I hope to continue to develop, learn and now teach and mentor future leaders.

Please know that I'm here to help and assist you. I look forward to seeing everyone at Annual in Duluth.

Branch Out, Reach for your Dreams; together we can do anything.

In Friendship

*Cindy Umland*

USWT President



## ANGELINA DIETZ - CHAIRMAN OF THE BOARD

"Walking on Sunshine"

CONTACT: [cob@uswomenoftoday.org](mailto:cob@uswomenoftoday.org)

Hello United States Women of Today!

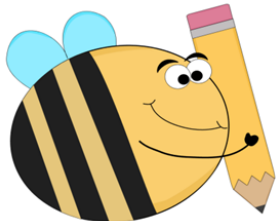
The Future Directions Committee has had a busy year. We have reviewed manuals, gotten the Webmaster contract reviewed, talked about our 5-year strategic plan and began working on what is our why. We will be proposing some bylaw and policy changes at Annual Convention in Duluth, MN. What a productive year!

I'm excited to move to the Past National President role. It has been such an honor to serve on National Staff for these past several years! I've met so many new friends along the way and learned how very special our chapters are. They are willing to do a lot for their communities. I've been incredibly blessed to have a small part in our rich history.

At Annual Convention, we will be electing our 2022-2023 USWT national staff. These women have stepped up to be our leaders for the upcoming year and I know that you will support them as you have supported President Cindy and myself.

Two years ago, I said we are "Stronger Together" as I led the United States Women of Today. I truly believe we are. We were in the midst of the pandemic during my year, but we were creative and learned how flexible we are. Thank you for your belief in me and this organization. I look forward to helping behind the scenes with whatever I can.

Angie Dietz



*Bee Factual*

## JO ANN MILLER - SECRETARY

"BEE Factual"

CONTACT: [secretary@uswomenoftoday.org](mailto:secretary@uswomenoftoday.org)

## Wine and Chocolate?

*Yes, you read that right! I am going to convention for a wine and chocolate basket. basket? It's easy! Just send me the name, the person who will be taking over your by May 31<sup>st</sup>, 2022!*



*have a drawing at Annual Convention. How do you get a chance on this address, phone number and email address of position (secretary and/or newsletter editor)*

Another Women of Today year has come to a close. I've enjoyed serving as your secretary this year and I'm looking forward to seeing many of you at Year-End Convention in Duluth in June. Thank you for your support this past year.

*JoAnn*

"Cool Rules for  
Running Smooth"



**SUE BEATTIE - PARLIAMENTARIAN**

"Cool Rules for Running Smooth"

CONTACT: [parli@uswomenoftoday.org](mailto:parli@uswomenoftoday.org)

This year is coming to an end I would like to say thank you to everyone for allowing me to be your 2021-2022 National Parliamentarian. If you are considering being a Parliamentarian for our upcoming year, don't let the position scare you! A good Parliamentarian is impartial, knows the rules (Bylaws and Policies), helps members learn, and is always developing their knowledge.

Any bylaw changes require 45 days written notice to its membership and have a 2/3 majority vote for a motion to pass. At annual convention, we will be voting during the business meeting. I hope you have read the proposed changes carefully (they are printed below) and will be ready to discuss and vote.

I will see everyone in Duluth in June!

*Sue Beattie*

2021-2022 USWT Parliamentarian

**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](mailto:mvp@uswomenoftoday.org)

Well what can I say? I have really enjoyed my position this year as Membership Vice President. Thank you for participating in my Selfie Saturdays; it has been fun. Thank you for all of your hard work as a member. Thank you for renewing your membership for another year. Thank you to the many new members we gained this year. Thank you for the many STEP Certifications I received also.

Thank you all for the great year and I can't wait to celebrate at year end.

Never stop BEE-LIEVING because you can do whatever you set your mind to.

In Friendship,  
 Cathy Snyder



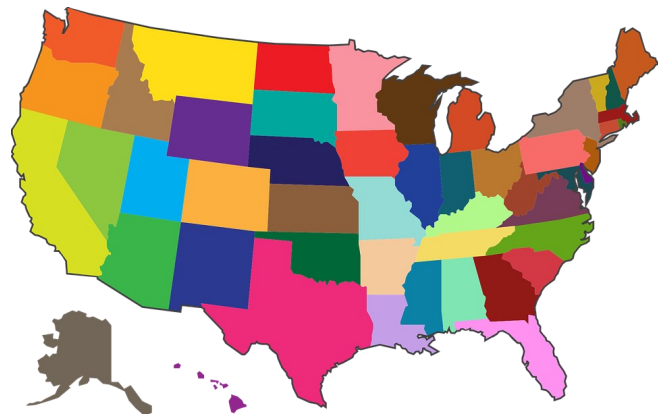
**MICHELLE CRANDALL - EXTENSIONS DIRECTOR**  
*"Birds of a Feather Extend Together"*  
 CONTACT: [extensions@uswomenoftoday.org](mailto:extensions@uswomenoftoday.org)

I have enjoyed being the Extensions Director for this past year. I know one of my goals was to complete three extensions. Well, it didn't happen, but I'm excited to say we are working on these locations:

**Marietta, GA; Olathe, KS; Denver, CO**

**Birds of a Feather Extend Together**

Thank you,  
 Michelle Crandall





**JENNIFER LANTZ - PUBLIC RELATIONS DIRECTOR**

"Women of Today Rocking It in the USA"

CONTACT: [pr@uswomenoftoday.org](mailto:pr@uswomenoftoday.org)

This year has gone by so fast, and it seems like we just started this journey together. As your U.S. Public Relations Director, I have enjoyed getting to know each one of you and helping you promote your local and state chapters along with promoting on the national level. I have been able to travel this year which I enjoyed very much after no traveling for a couple years for all of us. Meeting local Chapters in Oklahoma and North Dakota was an experience I will treasure forever and making new friends along the way. I will miss our Sunday evening USWT Staff meetings since President Cindy and the rest of the Dream Team welcomed me in and made me feel like I was part of the team from the beginning of my term. I was excited to see memberships grow in your chapters and look forward to them growing again next year. I look forward to traveling to Duluth to see everyone again at Year-End! Thank you for a wonderful year.

Thank you for everything,

Jennifer Lantz

U.S. Public Relations Director



*Confessions of a Serial Plant Killer*

*Cynthia C Naspinski*

*Oh, I wish that I had a green thumb.  
All my houseplants are looking quite glum.  
I never can tell  
Why they're looking unwell  
Or why so many succumb.*

*Have I failed to give enough water?  
Have I watered them more than I oughta?  
Are they getting too hot?  
Is this not the right spot?  
It's like sending poor lambs to the slaughter.*

*The hard, undeniable fact is  
Many succulents, ferns and a cactus,  
A begonia, a fig,*

*Many palms, small and big,  
Have been victims of my malpractice.*

*I confess I'm a serial killer.  
Many end up as mulch or land filler.  
I kill far more plants  
Than snails, thrips or ants.  
Or an army of green caterpillar!*

*Though houseplants are deemed beneficial,  
Should these perish, then it is official:  
I'll waste no more dough  
Just to watch 'em die slow,  
For my next plants will be artificial!*



# Money Matters



**LAURA MORRIS - TREASURER**  
 "Money Matters"  
 CONTACT: [treasurer@uswomenoftoday.org](mailto:treasurer@uswomenoftoday.org)

As we reach the end of our Women of Today year, I wanted to thank all of you for entrusting me to serve as Treasurer. I have enjoyed getting to know the state treasurers and even got to meet some of them in person and on Zoom. I was fortunate to travel to Minnesota, Pennsylvania, Nebraska, and Oklahoma, as well as joining Iowa and New Jersey meetings via Zoom. I always love making new friends and reconnecting with some long-time ones!

Along with the year-long fundraisers below wrapping up at Annual convention in Duluth, we will also be holding a basket raffle with items donated by all of our states. We have asked each state President or representative to bring an item(s) that are made in their state, to be part of this basket that we will do a Lucky Bucks raffle for. The proceeds will go to help cover this year's USWT budget.

## LEAVE a Message Fundraiser

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

[Email Laura Morris, USWT Treasurer  
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**





**TRACEY PIERSON - PROGRAMMING VICE PRESIDENT**

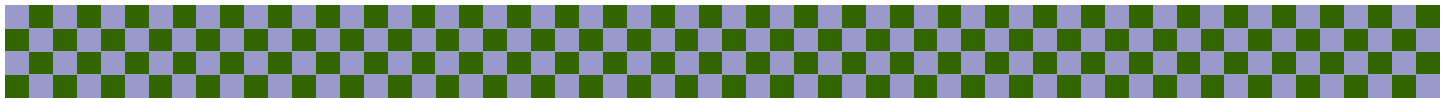
*"Together WE are Stronger"*

CONTACT: [pvp@uswomenoftoday.org](mailto:pvp@uswomenoftoday.org)

**Wait, what? Its year end???** No, it can't be; it just started! I want to thank everyone that has supported me this year; it means a lot!!! I can't wait to celebrate our year-end in the Programming Area in Duluth, MN. We have a lot to celebrate.

**Deadline** all OAP, Community Connections, my challenge and Project Reports need to be to me by **May 10<sup>th</sup>** to be recognized at year-end.

**"She was powerful not because she wasn't scared but because she went on so strongly, despite the fear." – Atticus**



Color a Better World

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

*"Color a Better World"*

CONTACT: [dva@uswomenoftoday.org](mailto:dva@uswomenoftoday.org)

Hello USWT Members,

This is my last newsletter report. I have had a lot of fun doing Domestic Violence Awareness. We have had a lot of chapters donating in their areas. I will let you know at year-end convention what the total amount is & hours spent.

The deadline for your Domestic Violence Awareness transmittals is May 1st, 2022.

Remember I still have numerous items for sale. I will have at year end convention. I also have luminary bags to honor anyone you would like. They are \$5.00

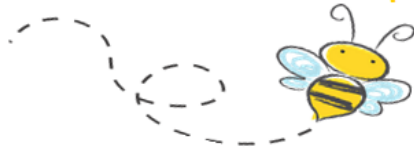
If you want to order in advance I can send you the order form.

Thank you all for a wonderful year. I have enjoyed making new contacts all year long.

Deb McDonald, DVA



*Bee Your Best Self*



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

*"Bee Your Best Self"*

CONTACT: [pvp@uswomenoftoday.org](mailto:pvp@uswomenoftoday.org)

Can you believe that our Women of Today year is coming to a close? What a year!!!

I want to congratulate all of you for growing and bee-coming your best self this year. I would like to thank all of the members who have completed your certifications and participated in my challenges to BEE PATRIOT, BEE THANKFUL and to REACH SUCCESS in a 30 DAY CHALLENGE TO REACH A GOAL. I hope you enjoyed the road to success and are proud of your accomplishments – I am!

Thank you for the support this year and working towards **BEEING YOUR BEST SELF**. Best wishes for continued success with your goals and your efforts to achieve them.

*Julie*



P.S. In my last article for the year, I would like to acknowledge the one who gave us life – our Mothers. Please enjoy the following short stories.





## Just the Way You Are



My friend Mark Tucker produces and delivers multi media slide presentations to audiences across the country.

One night, following one of his shows on the East Coast, a woman came up to him and said, "you know, you really should be using my son's music in your show."

So Mark started to give her the usual rap. First, her son should make a demo tape. It didn't have to be professional, he explained. In fact, her son could just go into his bedroom and play some simple chords on his guitar - just enough to give Mark an idea of the type of music he played.

After he explained the whole process, the woman gave him a funny look and said, "Well, my son is Billy Joel."

As soon as he had recovered from the shock, Mark quickly assured her that her son would not need to send a demo tape! He then listened as this woman urged him to consider using one particular song her son had written. She felt it contained a positive message about self-worth that would fit Mark's work beautifully. And she went on to describe how the seeds of that song had been planted in early childhood.

As a young boy, she explained, Billy Joel often wanted to be someone else, someone different from who he was. It seems he was teased a lot because he was shorter than the rest of the kids. It was common for him to come home from school or play and complain that he wasn't good enough. And he truly believed that if he could be just a little taller, then he'd be okay.

His mother, of course, never believed for a minute that her son was anything less than perfect. So every time he expressed something negative about himself, she said to him, "Don't worry - it doesn't matter. You don't have to be like anyone else because you're already perfect. We're all unique, we're all different. And you, too, have something wonderful to share with the world. I love you just the way you are."

Remember that old expression about words coming back to haunt you? In this case, the words of a mother who unconditionally loved her son came back many years later in the form of a song. You see, as Billy Joel grew up, he learned who he was and he found his dream of creating music for the world. And millions of people got to hear with their hearts, as his mother did, the words of his Grammy Award-winning song:



*Don't go changin'  
To try and please me . . .  
I love you just the way you are.*

*Jennifer Read Hawthorne from "Chicken Soup for the Woman's Soul"*



## TRUE BEAUTY

For Mother's Day, Jeannie had put considerable effort and planning into buying something very special for her mother, Bess. She had carefully put together the cost of an image consultation gift certificate out of her first few paychecks. On the appointed day, this young daughter brought her shy, plain mother to my studio.

During the color draping and makeover, Bess confessed that she had concentrated on her family for years and ignored herself. Consequently, she had never even considered what clothes looked good on her or how to apply her makeup.

As I placed pretty colors close to her face, she began to blossom, thought she didn't seem to realize it. After applying the finishing touches of blush and lipstick to enhance her coloring, I invited her to view herself in the big cheval mirror. She took a long look, as if she were surveying a stranger, then edged closer and closer to her image. Finally, staring, open-mouthed, she touched the mirror lightly. "Jeannie," she motioned, "come here." Drawing her daughter beside her, she pointed toward the image. "Jeannie, look at me, I'm beautiful."

The young woman smiled at the older woman in the mirror with tears in her eyes. "Yes, Mother, you have always been beautiful."

*Charlotte Wand from "Chicken Soup for the Woman's Soul"*

## MEMORIES OF A CHILDHOOD PAST

She sits passively in front of the television. It does not seem to matter what program is on, as long as she does not have to get up to change the channel. Walking, like everything else, has become difficult for her. She needs assistance to get dressed, to eat and to bathe. It is not because her body has become old and crippled – she is only 48 – but her mind has. She has Alzheimer's disease. She is my mother.

Sometimes it seems as if no time has passed since I was a child and we went on nature walks together. The natural environment was one of my mother's passions. She would take me to the beach to explore the tide pools. We would jump from one rock to the next, carefully trying to avoid the waves crashing only a few feet away. She would point out the purple spiked sea urchins and brightly colored sea stars. I can still feel the fine mist of the sea water on my face and smell the salty air. She also liked to take me on hikes in the redwoods after the rain. We would search for banana slugs, whose bright yellow color glowed like little night lights in the darkness of the woods. We could smell the dampness of the leaves as we walked among those giant skyscrapers and lost ourselves in the majesty of that enchanted place.

Deeply affected by the political activism of the 1960s, my mother believed in fighting for what was right and protesting what was not. She was not a radical, she was just concerned about the world and the people in it. I can remember going on a peace march with her when I was about 10. It was a silent nighttime walk through downtown. Each one of us held a candle that illuminated the night and symbolized our hope to bring light to the world through our silent message.

Education was another thing that was important to my mother. She was a teacher who had put herself through graduate school when I was in elementary school. I still do not know how she did it. Even in the midst of her studies, I cannot remember a time when I felt that she was not there for me. Because she was an educator herself, she did a lot of research before choosing a kindergarten for me. While most parents simply settle on the school closest to their home, my mother took me to observe several schools before she found one that she was satisfied with.

Now I often look at my own daughter and see my mother. I see my mother's average brown hair beautifully woven with golden blonde strands and auburn highlights. I see her chin that juts out slightly from her narrow face and the extra crease in the fold of one of her eyelids – they are the same features my mother must have seen when she looked at me and saw herself.

Lately I have noticed that I surround myself with things that remind me of her. Every time I drink a cup Sleepytime tea, the soothing smell reminds me of all the sleepless nights my mother spent holding me when I was ill. When I get dressed in the morning, the herbal-scented lotion and sweet, fruity hairspray I use are the same as those my mother used to buy. When I listen to the political twang of a Joan Baez song or the rhythmic pulse as Jimmy Cliff sings a reggae chant, I can hear my mother's voice. There is rarely a day that goes by without my hearing, smelling, tasting or seeing something that brings back memories. These things are comforting and allow me to escape to my childhood, when my mother was still the way I remember her.

This disease has quickly stolen the woman I once knew. She has always taken such an active role in life, and now she sits so still. I read a poem once, "To My Alzheimer's Mother," that puts this idea to words beautifully:

*Sweet Mother with your bright blue eyes  
Seeing you empty – how my heart cries*

My mother may not remember all that she did to impact my life, but I have not forgotten. The hardest thing for me is learning to love the mother I have now while still enjoying the memories of who she used to be. I pray for her almost every night, but my prayers have changed. I used to pray, "Lord, let them find a cure." Now I simply ask, "Lord, just let her be happy in her own world, as she made me happy in mine." Sometimes, almost hoping that she will somehow hear me, I whisper, "I love you, Mom. I miss you."

Sasha Williams from "Chicken Soup for the Woman's Soul"



**A Creed to Live By**

Author Unknown

Don't undermine your worth by comparing  
yourself with others,  
It is because we are different that each  
of us is special.

Don't set your goals by what other people  
deem important,  
Only you know what is best for you.

Don't take for granted the things closest  
to your heart  
Cling to that as you would your life, for without  
them life is meaningless.

Don't let your life slip through your fingers by living  
in the past or the future.  
By living your life one day at a time, you live all the  
days of your life.

Don't give up when you still have something to give  
Nothing is really over until the moment  
you stop trying.

Don't be afraid to admit that you are less  
than perfect,  
It is the fragile thread that binds us to each other.

Don't be afraid to encounter risks,  
It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's  
impossible to find.  
The quickest way to receive love is to give love.

The fastest way to lose love is to hold on too tightly,  
And the best way to keep love is to give it wings.

Don't dismiss your Dreams. To be without  
dreams is to be without hope.  
To be without hope is to be without purpose.

Don't run through life so fast that you forget  
where you've been,  
But also know where you're going.  
Life is not a race, but a journey to be savored  
every step of the way.



## **AMBASSADOR**

Congratulations to our newest Ambassador Lisa Hahn from Sauk Rapids, MN. She received her award at the MNWT Winter State Convention January 29, 2022. We have a few more that will be presented in the next few months. It is so exciting to see members being nominated and awarded this honor for their contributions to their chapters, state and USWT.



I highly recommend nominations be done as a Word document versus the email me document as you can add more detail and really share what your nominee has done to be honored with the award.

Let me know if you have any questions on nominating your deserving members!

Amy Pumper  
Ambassador President

## **FOUNDER'S CHARITIES**

Hello Women of Today Friends,

A friendly reminder that we had a goal of having ten curators by year-end and we are needing four. Please consider joining as a curator; it's \$100.00. Founders' charities will be having a meeting at national year-end in Duluth. Please come and check us out and see what we do. Also bring your lucky bucks as we will be having a basket raffle that weekend.

Cindy Urlacher



# State of the States

## WARM WEATHER GREETINGS from the Valley of the Sun Women of Today!

Our topic for the last Today's Leader for this year is to share trainings our state has offered to members.

This past year I began to publish a monthly newsletter, sent to all our chapter members via email. Not only did I share pictures taken at some of our events and projects, send important reminders and basic information, but I also included special informative articles to help our members certify in programs such as Wellness and Personal Development.

Some of the topics included in these newsletters were: A New Leaf (the domestic violence shelter we support), Buckets of Sunshine, USWT Founder's Charities, Membership, Alzheimer's Disease, How a Bill Becomes a Law and All About Our United States Flag. With the help of these newsletter articles, 10 of our members were able to certify in Wellness and Personal Development. Because of the positive feedback we received from our members, I will continue to send monthly newsletters in the coming year, too.

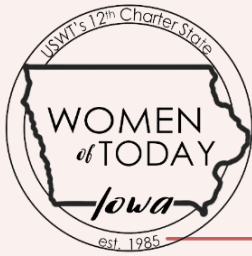
The newsletters are a great way to keep members informed, share photos, and remind everyone of important dates. And, if you're anything like me....they're fun to do!

Joey Hedstrom, President

Valley of the Sun/Arizona Women of Today

*"The best way to predict your future is to create it."*

*— Abraham Lincoln*



# Iowa News



## How Iowa Trains

Iowa's COB takes perspective members under their wing and teaches them about the board staff positions.

**Take a leap of faith and learn something new every single day. Don't let fear control you.**



## Iowa's Happenings

Iowa has been busy getting fundraisers, closing up the year and beginning the new year coming up. Each chapter had been getting ready for their Easter hunts and bigger 3rd trimester happenings.

*believe* →

## The Board

The board meets bi monthly via zoom. We each take a moment to talk about our area and what we are doing. We have a chance to ask for assistance or get ideas if needed to make the month go smoothly.

- Our board consists of:
- President
  - Programming Vice President
  - Secretary
  - Treasurer
  - Domestic Violence Awareness
  - Wellness and Personal Development
  - Jiy mee Andrews Award manager
  - State Philanthropic manager
  - COB



Mirror, Mirror on the wall  
**THERE'S A LEADER**  
IN US ALL! IAWT 2021

Welcome to Iowa Women of Today!







Greetings from Minnesota –

This year has gone by very quickly. It feels like just yesterday that I was being trained on my new position and now I am here training in my successor. So many times, when reading a Women of Today training manual, it will find that it tells me what and when to do something, but rarely explains how. Having the how in writing is very important.

The first weekend in May is the Minnesota Women of Today annual Local Officer Training Session (LOTS), training for our many fabulous chapter's board members. Each year the current staff and incoming chapter leaders come together to go over the how's of their new positions. This is the first of many trainings MNWT offers its members.

In the summer we host a President/State Delegate Retreat. This event encourages team building, reinforces the LOTS training, and allows members to grow in their leadership positions. At each convention we host round tables for chapter presidents, state delegates, and Membership VPs to come together for one-on-one in person training. We also offer enrichment sessions at our Fall State convention and forums at our Winter State convention that support the member's needs. Our Living and Learning (LL) State Program Manager (SPM) offers two impromptu competitions and several fellowship opportunities for members to grow as individuals.

Each trimester, we offer a 2-hour webinar series to support local programming, membership, and marketing. In this last year we educated members on the MNWT Foundation, Facebook, how to create a website, Programming areas, ways to retain and recruit members, plus so much more. Our webinar series are recorded and added to the MNWT Website for all to view. On occasion, there is a glitch with the recording and in that case, we can email members materials on the subject when needed.

We also have many other training tools. After each convention we share Chapter Information Packets (CIPs) with our chapters. This is a fun and simple way to keep chapters updated on upcoming events and offer tools to support their local needs. Our Membership VP, Administrative VP, along with myself offered Zoom chats this past year. This was another great way to brainstorm, work through concerns, and celebrate successes. Our website also has many valuable training tools.



In the last few years, we have come up with a series of training tools that focus on leadership. It all started with the *Healthy Chapters* initiative and *Growing in your Leadership Role* handout. Shortly after that, training materials on *Positive Communication Skills* and the *Negative Effects of Can't* were created. Over the next year, through our leadership subcommittee, we will be updating our *Succession Planning* brochure and creating an online training to support local chapter succession planning.

As an organization we are continuously changing. As the way people volunteer time and donating change, so will the look and feel of our chapters. Continuously reviewing training materials and offering support is a core part of supporting personal growth and very needed. How we train today was not how we did it fifteen years ago, and I am sure it will look completely different fifteen years from now.

*"Leadership and learning are indispensable to each other." — John F. Kennedy*

In Friendship,  
Anna Nichols  
2021-2022 MNWT State President



Hello from Massachusetts,

There are six Women of Today chapters in our state ranging from 8 members to 25 plus members. Each chapter offers training to members differently. The State Board is always available to help with questions especially concerning By Law changes, completing and submitting forms to USWT. New members to the State Board have hands on training from the outgoing state officer. In the past there would be a day long training session with a getting to know you time. Our state noticed that the attendance at these trainings was decreasing due to time demands. The thought now is information that is presented by the incoming USWT board is shared with the chapters along with information from the incoming state board. After reviewing the information an email exchange can be made offering advice if needed.

Many thanks to 2021-2022 USWT President Cindy and the national staff for all your help and guidance this past year.

Kathy Griffin  
MAWT 2021-2022 State President

***Welcome the new dawn And help it be a brighter day***



### ***Bearly Special Friends***

Hello from Nebraska,

Nebraska has been having training at all conventions for our members. In the past we would do a Local Officers training school. We would break out into sessions to train our Local officers. The lots have been very well attended by all our members. Also, on visitations we would also do orientation training at the local chapters' meetings. This has been 10 years that we have done lots. We will be bringing back to our Year End Annual convention this year. We also utilize our website for trainings. At every convention, all officers put valuable information in our chapter packets. Our Gavel is also another tool for the members to learn about each office. Training is good for all levels of this organization. We need our future leaders to step into our roles. I love this organization because of the leadership we have.

Cindy Urlacher  
Nebraska President

### **The Gift of a Real Friend**

A Friend is one of the nicest things you can have, and one of the best things you can be. Friend is a living treasure, and if you have one, you have one of the most valuable gifts in life.

A friend is the one who will always be beside you, through all the laughter, and through each and every tear. A friend is the one thing you can always rely on; the someone you can always open up to; the one wonderful person who always believes in you in a way that no one else seems to.

A friend is a sanctuary.

A friend is a smile.

A friend is a hand that is always holding yours, no matter where you are, no matter how close of far apart you may be. A friend is someone who is always there and will always – always – care. A friend is a feeling of forever in the heart.

A friend is the one door that is always open. A friend is the one to whom you can give your key. A friend is one of the nicest things you can have, and one of the best things you can be.

Douglas Pagels



## FRIENDSHIP THROUGH PENNSYLVANIA WOMEN OF TODAY 2021 - 2022

Hello US Women of Today,

Our 3<sup>rd</sup> trimester meeting will be held on April 30<sup>th</sup>. We will be conducting business and will be electing new officers for the 2022 – 2023 year – at least I hope they will be new!!! Stay tuned for further developments!

We are hoping to have some USWT visitors at our state meeting – hope to see a couple of you!

Unfortunately, since many of our state and local officers are repeats, we haven't done training, other than sending around USWT training manual, or handling one-offs as needed. As I said, we hope to have some new officers for our 2022-2023 year and will train those officers as needed!

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

Let's finish strong!

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





## *Be a Guiding Light – Volunteer*

### NEW JERSEY WOMEN OF TODAY

The last 2 + years have really changed the lives of so many. I am constantly covid fearful. I do not want it, do not want to bring it to friends, family or my patients. I am grateful for the opportunity to share time with the ladies in the Central New Jersey Women of Today Chapter. We have our monthly meetings and good times and we do our small community projects. New Jersey has closed the North Jersey Chapter. Pat Rhein has joined the Central NJ Chapter. We are all very happy to have her join us. Jackson Chapter has been committed to the Food Pantry. The Board for the 2022-2023 year will remain the same.

Diane Stanaway – President

Phyllis Lewis – Vice President

Irene Loeser – Treasurer

Diane Lawson – Secretary

New Jersey wishes everyone a wonderful convention and a terrific summer. We will be getting ready for our New Year.

Respectfully submitted,

Diane Stanaway

## **The Road Not Taken**

*Robert Frost*

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim  
Because it was grassy and wanted wear,  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I,  
I took the one less traveled by,  
And that has made all the difference



# Year-End Forum

by Sue Bay



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**Do you have an Instant Pot and want to gain more knowledge of how to use it? Or are you looking for new ideas to bring your meals to a new level?**

**I am here to help! Whether you own an Instant Pot (or different brand), or are trying to decide if you want to purchase one, I will provide you with the basic information about the cooker, give you confidence to use it, and help you broaden your horizons with new recipes, tips and tricks.**

**Serving fresh made applesauce at the end of the class.**

