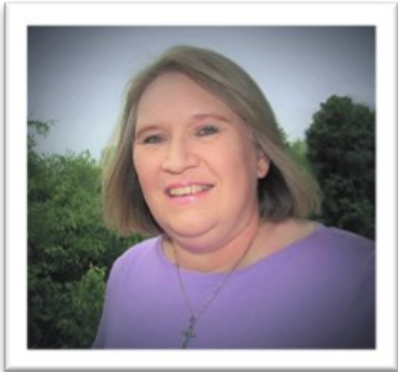


TODAY'S LEADER



Laura Morris
United States
Women of Today
2022-2023 President



In this issue:

- ◆ President's Letter
- ◆ National Staff Updates
- ◆ Proposed By-Law/Policy motions for Annual Convention
- ◆ Inspire T-shirt Order Info
- ◆ Registration/info for Annual Convention in Arizona
- ◆ State of the States

Hello USWT Friends:

We are entering the final couple of months of our year. To me it is not coming to an end, but I am looking to this as the start of a new era for Women of Today. We have recently turned a corner with membership. We are working on a fresh new logo, and then starting on rebranding. This organization is looking for new ways to get the word out about what Women of Today has to offer. We are sharing our "Why" with others and hopefully all of us are on board with sharing this awesome group with as many people as we can. I look forward to continuing to INSPIRE as many of you as I can and to encouraging all of you to look for ways to INSPIRE new people.

I am also looking for ways to continue to help each state and chapter. I have been asking our State Presidents what they need help with. The most common issue that seems to come up, other than recruiting new leaders, is dealing with members who are causing friction in the chapters and states. It amazes me how many of us are dealing with this problem. I have been asked for advice from not only many of the state presidents but also from individual chapters. This is such a difficult and touchy issue to deal with. Do you kick someone out of the organization? Do you strip them of an officer position? Do you just ignore the issue and just do your best to keep the chapter or state together? There really is no easy answer to this, and each situation is different. I received the following from an anonymous member. I thought it was very well written and I think most of us are either going through this or have gone through it. Please read this and think about your chapter or state, and if you are dealing with a "bad seed," how are you handling it? Are you handling it or just letting it fester? There is a danger in just ignoring the problem. If anything, reading this helps us realize we are not alone in dealing with this problem.

The "Bad Seed". What is it? Who is it? Chances are you know this person, but you probably didn't recognize the danger when you first saw it. The Bad Seed is the greatest membership destroyer out there. But what is a "Bad Seed"? And, you ask, how do you know you've got one in your chapter?

If you'd like an answer to that question, just ask yourselves a few simple questions:

- 1) Do meetings seem to be less fun than they used to be?
- 2) When you're at a meeting, do you sense an air of tension in the room?
- 3) Are you experiencing more absences at your meetings lately?
- 4) Are fewer members joining in on your chapter's discussions and/or shying away from volunteering to participate in projects?
- 5) Do you continue to have members failing to renew without any obvious reason?

If you are experiencing one or more of these symptoms, it's fairly likely you're suffering from the "Bad Seed Syndrome."

Consider how the "Bad Seed" is affecting your chapter:

- 1) It's the member who tells you what you can and cannot do.

"That's not the way we've done it before", or "We always do it this way" or "That's not following the Bylaws (or Policies)"

(continued on next page)

2) It might be the member who volunteers to do everything and then doesn't follow through on anything.

Not very helpful and leaves other members left "hanging".

3) It's the member who doesn't volunteer to participate in projects, but feels comfortable criticizing or complaining about the way things are being done in the chapter. *Yikes!*

4) It's the member who pushes through her own agenda without giving other members the opportunity to have their own input. For whatever reason, she has decided it's her job to control the chapter and other members by trying to enforce her will upon all facets of the group. *A definite chapter killer, for sure.*

Sound familiar to you? Here's a couple more: "We are going to make a contribution to...(or making a decision for the chapter without a supporting vote)" "If you don't know your (officer) position then you shouldn't have the job". (*Not very helpful when it's time to elect new officers.*) "We should be voting on (such & such), but you already know that." *Could that be any more condescending?*

We could go on....and on....and on! The taking over of a chapter can be insidious and develop over months. Before too long, your chapter is losing members because they aren't having fun anymore, the camaraderie in the group has become non-existent, and no one wants to hang around to be bullied by the Bad Seed. That's a real nightmare scenario and how does a chapter battle that?

I wish I had a miracle answer for that. But I don't. I do know that if members allow the Bad Seed to continue bullying the chapter, that chapter is probably doomed for extinction.

It's too big a job for just one person to handle. And ignoring the problem will never solve it.

It can't just be the job of the President or the person who's been a member the longest. It has to be a group effort. You have to make it clear to all members, most importantly the "Bad Seed", that kindness and respect will always be the order of the day. Bullying and negative comments hurled toward others will no longer be tolerated. And all members must have the courage stand behind these ideals.

– Anonymous

I would agree that the best way to handle a bully is to stand up to them, and certainly the entire group standing up to this person is even better. But you have to be careful. Not everyone will view the person as a bully. You can end up dividing the group with an us versus them mentality. I believe the first step needs to be open and honest communication. Maybe try talking to the Bad Seed, or Debbie Downer, or Gossipy Gail, or whoever the problem is, one-on-one or maybe two-on-one first. See if you can get them to see that their behavior or attitude is having a negative affect on the group. Ask them if there is something they want to see improved. Speak in "I" and "We" terms. For example "We are concerned about losing members due to friction within the group." Or "I feel hurt when you question how I run a project in front of everyone."

Sometimes a member's behavior may be beyond just having a talk. For example your treasurer is taking money or a secretary never has the minutes done. You may want to consider having procedures to follow in your policies and bylaws to deal with officers, especially who might be committing a dereliction of duties. You may have to terminate someone from a position, and it is best to have something in place before you get to that point. We all hope we never have to go this far, but it is much easier if you have a procedure in place ahead of time.

Ultimately, one way or another, you need to deal with the problem member. Start with trying to smooth things over and coming to a compromise, by open communication. If that gets you nowhere, consider having your executive committee confront the problem. If the problem persists you may need to take more drastic action. But kicking someone out should be a last resort, and may have lasting repercussions. I wish I had a magical easy answer, but I do not. We are an organization of people, and we are all individuals with different motivations and personalities. Remember your "why" and stay positive. You have lots of support out here and people who will listen and try to offer advice.

Let's finish the year strong and continue to grow as an organization and as individuals.

In Friendship,
Laura Morris, President



CINDY UMLAND - CHAIRMAN OF THE BOARD
 "Leaf Your Mark"
 CONTACT: cob@uswomenoftoday.org

Greetings USWT Members,

As we enter the last 2 months of the Women of Today year have you thought about branching out to try something new and different?? If you are interested in being on the next National Staff, there are positions available, let's talk.

WE HAVE A NEW WEBMASTER!!!! Kevin Sanders bid was approved by the website committee and the USWT Board of Directors, we will be starting soon. Thank you to President Laura who has worked on the website and to Nicolas Bentley also for his help with updating information.

Congratulations Laura on a GREAT YEAR thus far, looking forward to how you will Inspire us at Annual Convention in Tempe, Arizona.

Remember "It's hard to be courageous, when what you want seems so far away. Still you imagine yourself a winner, reaching the top someday, So you don't give up, and you try even harder keeping your goals in sight. And every day you get a little bit closer, 'Cause you never give up the fight... Reach for your dreams", from the song Reach for your dreams

Cindy Umland
Chairman of the Board 22-23
Leaf your Mark
www.uswomenofToday.org

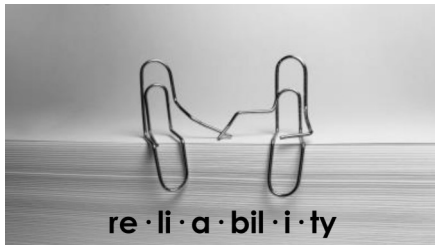
Order your t-shirts on line today!

Order your Inspire shirt today in either purple or black. Order on line and it will be shipped to you. The shirts are \$20 plus shipping.



Click on this link to go to the order screens:
<https://swot22-23.itemorder.com/>

Place your order and the shirts will be shipped directly to you. This is also a National Fund Raiser as a portion of the profits will benefit Ways and Means.



ANNA NICHOLS - PARLIAMENTARIAN

"Reliability"

CONTACT: parli@uswomenoftoday.org

Hello Women of Today Members,

There is still time to complete my 3rd trimester challenge. Hold a Bylaw and Policy review once during the 2022 – 2023 year. Email me the date and time of your meeting and share any updates on any interesting updates or new information you learned. This meeting could have been held at any time during the year. Information due April 15th. I hope to hear from you soon.

Sincerely, Anna Nichols

Official Notice of Proposed Bylaw and Policy Changes

A review meeting was held on February 11th at 10:00 AM. Action items coming from the review include minor spelling and spacing issues, 10 suggested policy changes, and 6 suggested Bylaw changes which all passed through the Future Directions Committee and are noted below. Policy motions will be voted on at the Year-End Board of Directors Meeting. Bylaw changes require 45 days written notice to membership and have a 2/3 majority vote for a motion to pass. They will be voted on at the Year-End Business Meeting.

Proposed USWT Bylaws to be voted on at the Year-End Business Meeting

- I move in ARTICLE IV.6.B.1. to replace “June” with “September” and remove “incoming”, where it will now read “Bids of the Mid-Year Meeting shall be submitted by a chapter/district/regions/state to the President and Chairman of the Board to be received no later than September 1.
- I move ARTICLE VII.1. to replace “appointment” with “election”, where it will now read “The officers of this corporation shall be elected or appointed for a term of one (1) year which begins immediately following the Elections Meeting at the Annual Meeting. They shall not be eligible for election to the same office until a one (1) year period has elapsed.”
- I move in ARTICLE VIII.1 we replace “a mail” with “an email”, where it will now read “ Any U.S. Women of Today Officer, Director or Program Manager may be relieved of her/his position for failure to fulfill the duties as prescribed in these bylaws and policies. Removal will require a two-thirds (2/3) vote of the Executive Committee. This vote may be taken at a National Meeting or may consist of an email vote conducted by the U.S. Women of Today President.
- I move in ARTICLE X.12. we replace “Audit” with “Review”, where it will now read “Annual Review”
- I move in ARTICLE X.12.A we replace “audit” with “review”, where it will now read “A yearly review must be completed by October 1 of each year by an outside source.”
- I move in ARTICLE X.12.B we replace “audit” with “review”, where it will now read “The review results must be submitted for approval to the Board of Directors at the Mid-Year Meeting.”

(Continued on Next Page)

Proposed USWT Policies to be voted on at the Year-End Board of Directors Meeting

- I move in POLICY 2.1.C. we add “letter of state support” after Intent to bid, and remove “Past National Presidents” after excluding, where it will now read “Intent to Bid, letter of state support and plan of action for program manager positions shall be submitted to the Chairman of the Board no later than Wednesday prior to the Annual Convention. The bids will be presented by the bidder or their representative (excluding, current National Officers, Program managers and Directors) in a five (5) minute oral presentation at the Annual Convention to the outgoing Board of Directors. Bids approved by a majority of the entire outgoing Board of Directors (voting and non-voting) will be for a period of one (1) year effective at the Annual Convention.”
- I move in POLICY 4.1. we add “letter of state support” after Intent to bid, and remove “Past National Presidents” after excluding, where it will now read “Intent to bid, letter of state support and a Plan of Action for the Director position shall be submitted to the Chairman of the Board no later than Wednesday prior to the Annual Meeting. The bids will be presented by the bidder or their representative (excluding current National Officers, Program Managers and Directors) in a five (5) minute oral presentation at the Annual Convention to the outgoing Board of Directors. Bids approved by a majority of the entire outgoing Board of Directors (voting and non-voting) will be for a period of one (1) year effective after the Annual Business Meeting.”
- I move in POLICY 4.1.A we add “or emailed” after postmarked, where it will now read “If any director position is not filled at the Annual Convention a bid shall be submitted to the President and Membership Vice President postmarked or emailed on or before eight (8) days following the close of the Annual Convention. The President shall fill the vacancy by July 1 with the approval of the Executive Committee.”
- I move in POLICY 4.1.B. after appointment we “add with a letter of state support, a plan of action and”, where it will now read “In the event no one has bid, the President may fill the vacancy by appointment with a letter of state support, a plan of action and the approval of the Executive Committee. A consecutive term may be served by the outgoing director with the approval of the Executive Committee.”
- I move in Policy 5.4. we replace “distributed” with “be made available”, remove “a CD Rom or other”, and remove “at the Annual Meeting” where it will now read “All manuals shall be made available to the Board of Directors and all local organizations via electronic media. All changes shall be published in a timely manner on the website.”
- I move in POLICY 2.1.C.1. we add “or emailed” after postmarked, where it will now read “If any Program Manager position is not filled at the Annual Convention a bid shall be submitted to the President and Programming Vice President postmarked or emailed on or before eight (8) days following the close of the Annual Convention. The President shall fill the vacancy by July 1 with the approval of the Executive Committee.”
- I move Policy 2.1.C.2. after appointment we add “with a letter of state support, a plan of action and”, where it will now read “In the event no one has bid, the President may fill the vacancy by appointment with a letter of state support, a plan of action and the approval of the Executive Committee. A consecutive term may be served by the outgoing Program Manager with the approval of the Executive Committee.”
- I move we add Policy 11.2.E. “If bid(s) have been approved by the Convention Committee for presentation at the Annual Meeting, no other bids may come off the floor.”
- I move in Policy 12.5. we add “Debts owed are subject to Bylaw section 6.” after check, where it will now read “Any returned checks incurring charges to the United States Women of Today must be paid by the maker of the check. Debts owed are subject to Bylaw section 6.
- I move in Policy 18.1. we add “and/or any other social media” after Facebook Page, where it will now read, “Any returned checks incurring charges to the United States Women of Today must be paid by the maker of the check. Debts owed are subject to Bylaw section 6.”
- I move in Policy 18.1. we add “and/or any other social media” after Facebook Page, where it will now read, “The current National USWT President, Chairman of the Board, and Public Relations Director will be the administrators of the USWT Facebook Page and/or any other social media.”

(Continued on the Next Page)

Proposed Bylaw Changes – New Logo

Motion 1 - This motion will approve the new logo

I move to update ARTICLE I, Section 5, The official logo of the U.S. Women of Today shall be:



with the prospective logo as presented here and in the USWT Today's Leader March-April 2023.

Motion 2 - This motion is only needed if the logo passes. It approves a seal

I move to update ARTICLE I, Section 6, The official seal of the U.S. Women of Today shall be:



with the past USWT logo as presented here and in the USWT Today's Leader March-April 2023 and renumber accordingly.



TRACEY PIERSON - MEMBERSHIP VICE PRESIDENT
 "Growing Together"
 CONTACT: mvp@uswomenoftoday.org

Challenge for the whole year, every 8th new member that is signed they will be going into a drawing at year end.

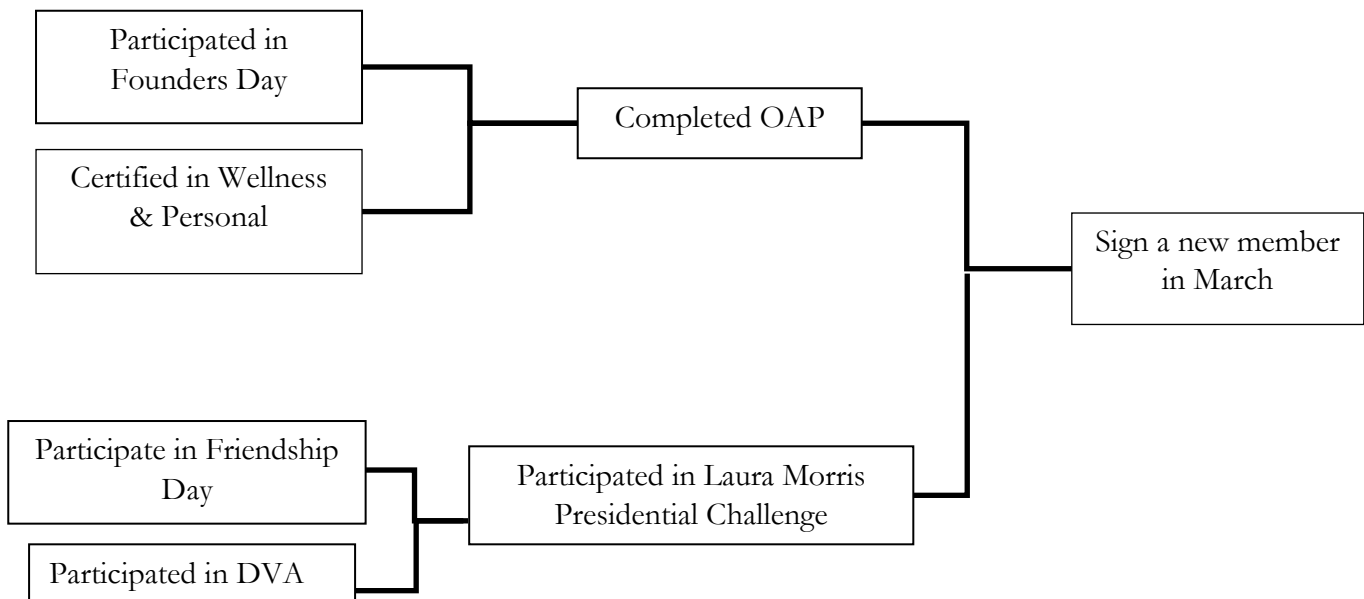
CHALLENGE FOR 3RD TRIMESTER, GET YOUR DUES IN BY APRIL 20TH AND THE STATE WILL BE PUT IN DRAWING FOR YEAR END!!

Membership/Committee Meetings:
 All central time, please watch Membership Facebook page in case of changes.

March 8th @ 6:30 Committee
7:00 Membership Zoom Drive
April 12th @ 6:30

MARCH MADNESS

Who can complete the bracket below? If you're filling out your certifications, you are completing the bracket, please let me know, if completed by April 5th, will be put into a drawing at year end.





MARY HANSEN - TREASURER

"Support"

CONTACT: treasurer@uswomenoftoday.org

Our year end is fast approaching and will soon be upon us. I encourage you to be looking ahead but don't forget to stop and enjoy the experiences of today.

Please consider where you want to go with Women of Today. No one is a born leader. We need people of support for the leaders that we choose. Be a mentor, be a shoulder to lean on or be that leader. Women of Today is here for each one of you.

3rd Trimester Challenge -Updated

US Women of Today depends upon its individual members, chapters, and states to support and fund the budget. We all contribute with dues, purchases through the USWT store and fundraisers.

My 3rd trimester challenge is to participate in our "Margarita Day" celebration event. Those attending and donating at the Staff sponsored Zoom event will be entered into a drawing at year end.

I look forward to seeing your smiling faces on May 4th.



Guess what we are doing to do in Arizona?

You figured it out – the popular 50/50 drawing fundraiser. Tickets will be \$1.00 each or 6 for \$5.00. The winner of the drawing will win 50% of the total proceeds we collect.

You won't be in Arizona – don't worry you can still participate. Send money with a fellow member or you can send a check payable to USWT with 50/50 in the memo area to me at 315 Waite Ave S #109, Waite Park MN 56387.




KANDY DORLACK - EXTENSIONS DIRECTOR

"Finding Unity in Your Community"

 CONTACT: extensions@uswomenoftoday.org

Can you believe, we are in the 3rd trimester!

How are those Extensions coming? Do you need help? I am here for you!!

Remember that first time someone asked you to join the Women of Today? How excited were you, those feelings of being special, wanted, and the lasting friendships. I want to challenge you to introduce Women of Today to two of your friends. Share the gifts you have received by our organization (lasting friendships, community involvement and leadership opportunities), and share those with others in your town or in a new town. When you meet a prospective member, the personal touch is the best way to go. Invite them to a social or m-event and encourage them to bring a friend. Offer them a ride so they don't have to go alone. And don't be afraid to ask them to join.

Extensions are good for you as well as your chapter. Many chapters have found that while doing an extension, they also find that their own chapter begins to flourish and gain new members. It is exciting to do an extension. It is a rewarding experience to see the new chapter form and begin their community service work and watch their friendships form. It is especially rewarding to watch other women grow while being a member of a chapter that has just formed. Wouldn't you like to be a part of this excitement and rewards with me?

Update on Marietta, GA

We are anticipating receiving dues of 5 new members.

Update on Olathe, KS

Olathe, KS has sent in their Intent to Extend. YEAH!

Update on Wild West Women of Today ~ Tempe AZ

I am **EXCITED** to announce that the Wild West, AZ chapter has **11 members** and has joined the USWT!

I'm looking forward to introducing them to the USWT organization at Annual Convention.

I have some FUN challenges and incentives!

INCENTIVE:

Teams that send me an Intent to Extend **AND** have 2 events scheduled on or before March 15th will receive an incentive.

CHALLENGE:

Teams that send me an Intent to Extend **AND** complete the extension by March 15th will receive a gift card to purchase supplies for a membership night **AND** you will be placed in a drawing for **\$25.00 cash** to be given at Annual Convention.

See my 3rd Trimester SIP for information on how to start an extension.

It's not too late to "Find Unity in Your Community"!



JANE HANSON - SECRETARY

"Just the Colorful Facts"

CONTACT: secretary@uswomenoftoday.org

Dear State Secretaries and Newsletter Editors:

We are on the last leg (trimester) of our year! What a great time I have had working with all of you and preparing the Today's Leader for all to read. I hope that you have enjoyed them and found them useful this year.

I am looking forward to seeing everyone in Arizona and taking some time to see sights. Continue sending me your minutes and newsletters. I enjoy them!

Jane



LAURA BENTLEY - PUBLIC RELATIONS DIRECTOR

"Speak Up"

CONTACT: pr@uswomenoftoday.org

**New national logo to be voted on at
Annual convention in Arizona June 2023.**



**Continue to send me via email the amazing
articles that you are doing for your chapters
and your states. I will be putting together a
show board for end year and would like to
have something from each state to show off!**



**CATHY SNYDER - PROGRAMMING VICE PRESIDENT**

"Reach High to Follow Your Dreams"

CONTACT: pvp@uswomenoftoday.org

I would like to remind you that this is the last chance to receive the Arrow Award.

What do you need to do to get one? Just meet my final challenge:

- Send me 1 thing that you were proud of this year in your chapter
- Send me 1 challenge/issue you had this past year.
- Tell me what makes you happy about being a part of Women of Today

Send me an email to Csnyder698@gmail.com

You still have 2 more months to wear your purple, on the 3rd Thursday of March and April. This is for Domestic Violence Awareness. Your name will go into a drawing at yearend. If you did something for DVA in February, please let me know and your name will go into a special drawing.

Don't forget to send in your Community Connection reports and Project Report forms.

If you need help let me know.

National Presidential Challenge:

President Laura Morris' son is on the Autism Spectrum (Aspergers to be exact), therefore she is challenging you to hold an educational forum, and/or to do a fundraising or service project for a local or national organization that provides support to individuals with Autism.

She strongly suggests that you find a local or area organization to support. Many of these are small and not only tend to really be in need of financial support but they can also help you provide an educational forum. Participating in this will help you qualify for STEP IV.

DOMESTIC VIOLENCE

CONTACT: dva@uswomenoftoday.org
pvp@uswomenoftoday.org

***YEAR END BUCKETS OF SUNSHINE ~ A NEW LEAF***

We are asking chapters/members to donate
Walmart/Amazon gift cards of any denomination.

A NEW LEAF

To provide safe shelter to as many people as possible, the New Leaf three domestic violence shelters are spread out across the valley and over two counties (Maricopa county and Pinal county), with Autumn House located in central Mesa, Faith House located in Glendale, and CAAFA shelter located in Apache Junction. Individuals experiencing domestic violence who are in need of shelter are most often referred to our shelters by the agency's 24-hour domestic violence hotline, but referrals have also been accepted from law enforcement and other community partners. Most of A New Leaf's domestic violence shelters serve all genders and can work with families or varying sizes and needs.

Though each shelter's structure is slightly different, all residents receive basic need items (such as hygiene and clothing), meals or weekly food boxes, case management, support and educational groups, advocacy, safety planning, and emotional support. Domestic violence shelters can also assist with transportation by van or provide bus passes to help residents get to work, attend job interviews, and give them access to other resources in the community. The shelters also refer to other A New Leaf programs, such as Workforce Services, the Dorothy B. Mitchell Counseling Center, DV Heart, and MesaCAN to give residents specialized support. Residents have the opportunity to stay in a shelter for up to 120 days to work on their self-determined goals with the support and knowledge of the amazing Advocates and Case Managers who empower them on their journey.

Please take a couple of minutes to click the link below to read more information on our agency's domestic violence shelters. On this web page, you will also find individual fact sheets for each of A New Leaf's domestic violence shelters.

<https://www.turnanewleaf.org/services/domestic-violence-services/#shelter>



Do It Together For A Happier You!

**JILL KIRSCHNER - WELLNESS & PERSONAL
DEVELOPMENT PROGRAM MANAGER**

"Do it Together for a Happier You!"

CONTACT: pvp@uswomenoftoday.org

Greetings Women of Today!

EXCITING NEWS!!!

In addition to the Effective Speaking Competition at USWT Annual Convention, I will also be offering a Writing Competition!!! See details below.

EFFECTIVE WRITING COMPETITION

Writing competition will be held at USWT Year End Convention

(Need not attend to compete)

Topic: *"How has Women of Today inspired me to be who I am today?"*

600-800 Word Essay

Stat sheet to include name, address, phone, chapter/state, title of essay

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

Email a copy to wpd@uswomenoftoday.org

Deadline to enter: May 1, 2023

\$5.00 entry fee – make check payable to USWT (memo: Writing competition)

Send to USWT WPDPM (Please email me at: wpd@uswomenoftoday.org for my mailing address)

EFFECTIVE SPEAKING COMPETITION

Speaking competition will be held at USWT Year End Convention

(Must attend Annual "in person" to compete)

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

5 Minutes to Speak

Stat sheet to include name, address, phone, chapter/state, title of speech

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

Deadline to enter: May 1, 2023

\$5.00 entry fee - make checks payable to USWT (memo: Speaking competition)

Send to USWT WPDPM (Please email me at: wpd@uswomenoftoday.org for my mailing address)

WELLNESS & PERSONAL DEVELOPMENT CERTIFICATION

Wellness & Personal Development Certifications forms are **due by May 1, 2023.**

Click on the link below for the online certification form:

<https://www.emailmeform.com/builder/form/5x1Jc4rfbE2vdfd5>

EMPHASIS MONTHS:**June ~ September ~ January**

My 3rd TRIMESTER CHALLENGE is to interview a member of an older generation (does not have to be a relative, it can be anyone) about changes they have seen in their life span. Then write an essay or short story (300-500 words) about what you found out from this interview. I would love to hear what you learned. This is not a competition but writing an essay or short story is one of the items listed on the Wellness and Personal Development certification form. **NOTE:** *This was my 2nd Trimester challenge but has now been extended.* **Send me your essay or short story by May 1st 2023 to be entered into a drawing.** My email address is: wpd@uswomenoftoday.org **NOTE: This Essay is my 3rd Trimester Challenge and is separate from the Effective Writing Competition.**

My MAY CHALLENGE is to participate in the Effective Writing and/or Effective Speaking Competition at USWT Annual Convention in June. **The time/location for the Speaking Competition are TBD.** In addition to the competition, all names will be entered into a drawing.

Each trimester State Information Packet has focused on different areas of the Wellness and Personal Development Certification form. **Certifications can be submitted between now and May 1, 2023.**

PLEASE NOTE: On our website, you will find a Wellness & Personal Development ONLINE form as well as the OLD VERSION of the Health and Wellness Certification and Personal Development Certification forms in pdf format. They are slightly different. I will accept all versions as long as they are the USWT forms. *If you choose to submit the older forms, both the Health and Wellness and Personal Development forms would need to be submitted together. The ONLINE version is preferred.*

[WPD Certification Form](#)

These forms can be found at:

[USWT](#)

[Awards & Resources](#)

[Forms & Manuals](#)

[Programming Resources](#)

[Wellness & Personal Development Manual](#) Page 13 (pdf)

[WPD Certification Form - PDF](#) This the ONLINE and the PDF downloadable version

Below are just a few of the many reference links:

American Heart Association www.heart.org

American Red Cross www.redcross.org

International Diabetes Federation <https://www.idf.org/>

National Kidney Foundation <https://www.kidney.org/>

Multiple Sclerosis Society <https://www.nationalmssociety.org/>

American Cancer Society <https://www.cancer.org>

National Liver Foundation <https://liverfoundation.org>

Mayo Clinic for Additional Resource Information <https://www.mayoclinic.org>

I encourage each of you that are either employed or looking to become employed, keep your resume updated and include your volunteer work as that is as important as paid employment. You never know when an opportunity may present itself. Volunteerism shows your willingness to want to help and commitment to going above and beyond. If you haven't already tried serving in a leadership position, consider taking on the challenge. This too will look good on your resume.

I am challenging you to strive towards Betterment, Enrichment, and Empowerment
as you achieve personal growth.

*****DO IT TOGETHER FOR A HAPPIER YOU*****

USWT 2023 National Convention

June 9-10, 2023 Tempe, Arizona

Warm Welcome to the Wild West



Embassy Suites by Hilton ♦ 4400 South Rural Rd. ♦ Tempe, Arizona ♦ 480-897-7444
The block is under Mongold Social Event

REGISTRATION FORM

Name _____ Phone _____

Address _____

E-mail _____ First Timer _____

If Flying Arrival Date/time: _____ Flight #: _____

Sunday Departure Time: _____

Dietary Restrictions: _____

ROOMS ARE YOUR RESPONSIBILITY!! ROOMS HELD UNTIL 5-8-2023
\$119 per night plus tax – 1-4 people per room

<u>Registration</u>	<u>Advance</u>	<u>Late</u>
FULL (Includes all meetings, forums and meals)	_____ \$135.00 By May 1, 2023	_____ \$165.00
INDIVIDUAL EVENTS		
Friday Mtgs / Opening Ceremonies / Party	_____ \$45.00	_____ \$55.00
Saturday Forums / Meetings	_____ \$35.00	_____ \$40.00
Saturday Luncheon	_____ \$40.00	_____ \$50.00
Saturday Banquet	_____ \$55.00	_____ \$65.00
SATURDAY ONLY	_____ \$130.00	_____ \$155.00
	Total _____	Total _____

ADVANCE REGISTRATION DEADLINE – POSTMARKED BY May 1, 2023

Make check payable to Carmella Mongold

Send registration form and check to: Pat Saulina 2122 E. Dunbar Dr. Tempe, AZ 85282-7453 480-332-2944

Any questions please contact co-chairmen:
 Carmella Mongold 816-438-2776
carmellamongold@gmail.com
 Pat Saulina 480-332-2944
psaulina@gmail.com

USWT 2023 National Convention

June 9-10, 2023 Tempe, Arizona

Warm Welcome to the Wild West

Embassy Suites by Hilton ♦ 4400 South Rural Rd. ♦ Tempe, Arizona ♦ 480-897-7444

The block is under Mongold Social Event



ARIZONA OR BUST!!

Mark your calendars! June 9 & 10, 2023 for USWT National Convention in Tempe, Arizona! (See the article about the trip to Sedona on June 8.) The registration form is elsewhere in this newsletter. Hotel amenities include: all rooms are suites, happy hour each day at the bar, free breakfast including an omelet station, pool, fun, and fellowship! Our theme is “A Warm Welcome to the Wild West” and we are making plans to keep you entertained, fed, and excited to be there! If you have any questions, please do not hesitate to contact us.

SEDONA, AZ TRIP – Thursday, June 8, 2023

We have a sightseeing/shopping/lunch on-your-own trip to Sedona, AZ the day before the convention begins! Here is the information:

- \$25.00 each to first 50 people who send in your trip reservation
- Leave the hotel Thursday, June 8 at 9:00 a.m. and return at 5:00 p.m.
- Cancellation on or before May 1 deadline \$15.00 will be returned to you.
- Cancellation after May 1 deadline there is no refund
- Registration for the trip is transferrable by you to another individual.
- Guests are welcome
- Send separately or include with your registration to the address on the registration form (we will acknowledge your trip reservation by email.)



We hope you will join the fun! Questions? Email Carmella Mongold at carmellamongold@gmail.com

THANK YOU * THANK YOU * THANK YOU * THANK YOU * THANK YOU

Two fundraisers were held to help offset the cost of USWT Convention 2023. We appreciate each and every person who participated in either or both fundraisers. Thank you from the bottom of our hearts for helping us to raise funds to make 2023 Convention a success. You are so supportive and appreciated!

Carmella Mongold
Pat Saulina
2023 Convention Co-Hosts



State of the States

It won't be long!
We're looking forward to seeing you!



National Convention 2023 is fast approaching and many of us are starting to work on our year-end paperwork. Time to get all those certifications to the correct Officer, Director or Program Manager before the deadline dates. Time to determine which member will be recognized for this or that award. Time to divvy out the money you raised from those fundraisers you ran earlier in the year.

As for the Arizona Women of Today, I know both the Valley of the Sun and Wild West Women of Today chapters have been supporting **A New Leaf**, a celebrated domestic violence and abuse shelter in the Mesa, AZ area. You, too, will get the opportunity to become familiar with this worthwhile charity at National Convention as they were chosen as this year's Buckets of Sunshine recipient.

In the past, we have donated "Mommy Bags" (*new gift bags with toys, coloring books, etc., for children to take along when their moms have to go to court*). We've also donated household supplies and snack items.

I recently borrowed an excellent idea from the Minnesota Key Women, and the Valley of the Sun Women of Today are currently working on donating "Birthday Boxes" to **A New Leaf**. How nice it will be for their clients to be able to bake a birthday cake for a daughter or son who has been forced into a shelter for their safety or to begin a new life.

Another favorite donation made by the Valley of the Sun Women of Today is toward Angel Trees at Christmastime. Last fall's bake sale by the chapter raised \$640, and a little over \$300 of that money purchased Christmas gifts for five deserving local children.

For the past several years, Valley of the Sun has supported a Multiple Sclerosis Pie Auction in February. Members have decorated the tables and donated pies for sale. This year, in addition to donating pies once again, the chapter donated an additional \$300 to Multiple Sclerosis. Over the past several years, the annual Pie Auction has raised thousands of dollars for this wonderful foundation.



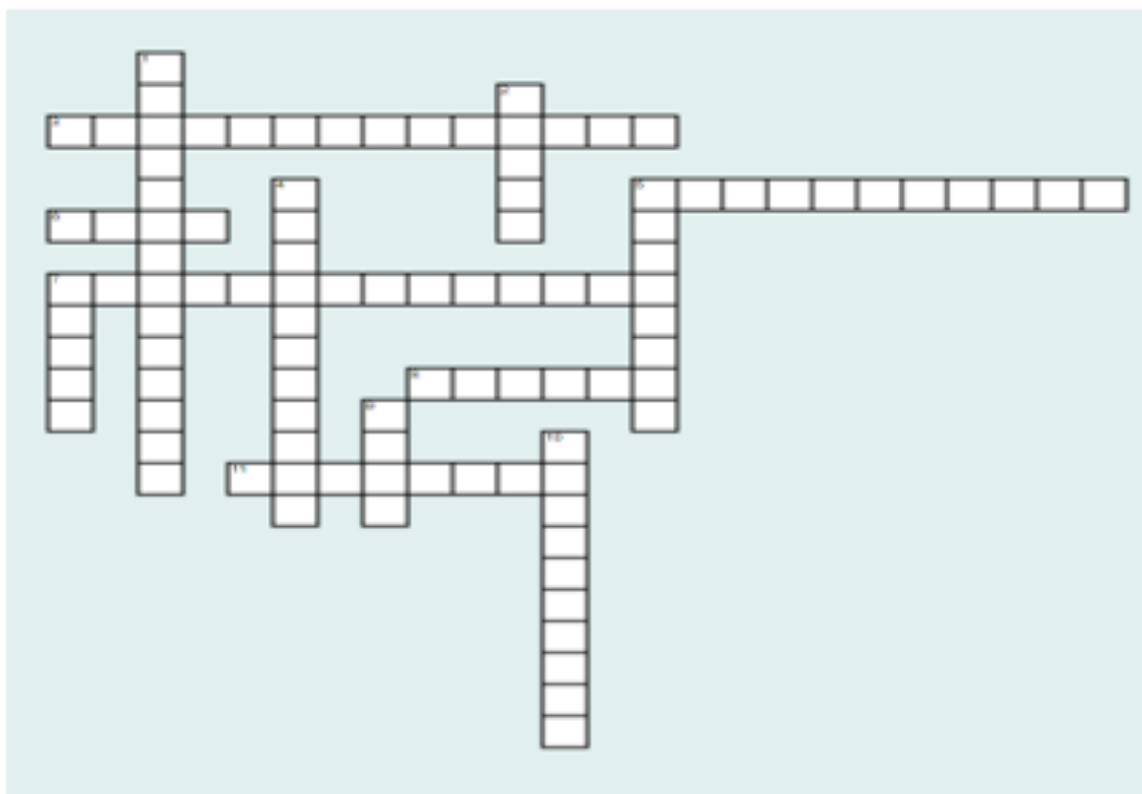
We wish you a lot of luck and many successes as we all finish out this "Inspired" year together. We are looking forward to welcoming you to "the Valley" for this year's National Convention. The Arizona Women of Today congratulate President Laura and her staff for their many accomplishments and thank them for their dedication in leading us throughout this past year.

For those of you who have yet to serve as officers in our state and national organizations, have the courage to step up and challenge yourself this coming year. The future success of the Women of Today is in your hands. You are more important than you realize, more capable than you know, and more valuable than you can imagine.

Joey Hedstrom, 2022-2023 President
Arizona/Valley of the Sun Women of Today

"RISING IN THE WEST"

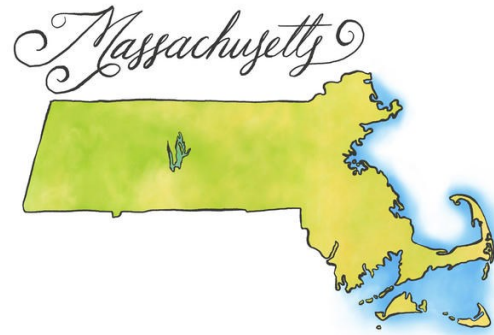
Iowa Women of Today!



Across	Down
3 Who we are	1 An Iowa honor
5 A national first	2 Elected positions
6 To be in good standing	4 Chapter location
7 Past president	5 What we do
8 To keep us accountable	7 What we swear by
11 We can	9 Working on your own enrichment
	10 Life long friends

Thank you for playing along with us as we end our final trimester in our term. Send Iowa president Laura Bentley laurabentleywt@gmail.com a shout out for the answers!

Together WE can do so much



Hello from Massachusetts,
Spring is in the air, some days! 2023 is here and we are moving forward in our commitment to our charities and our chapters. Father and daughter, mother and son dances, Valentine's goody bags for the elderly made February a fun month.

MAWT does not have a state charity. Years ago it was decided that each chapter would sponsor at least one event dedicated to area women shelters.

This gives the chapters the opportunity to support their local shelters. Many chapters have been involved sponsoring multi events all year.

March is a month of chapter meetings focused on personal enrichment and speakers to advance knowledge of the charities supported.

Looking forward to being in sunny Arizona in June.

With warm wishes and friendship,

Kathy Griffin MAWT Sate President

**TOGETHER WE CAN
DO SO MUCH MORE.**



Greetings from Minnesota,

This issue's topic, per President Laura's request is to talk about a foundation that our state supports. The Priority Area is supported by Minnesota Women of Today members with volunteer hours, as well as in-kind and monetary donations for a period of three years. We are in the second year of working with Crescent Cove, a respite and hospice home for kids with a shortened life expectancy. Crescent Cove, in Brooklyn Center, is the only such facility in Minnesota and one of only three children's hospices in the country (the other two are in California and Arizona), while there are 4700 hospice homes for adults. This special facility is designed for children and their unique needs. The goal is to help families feel Embraced, Assured, and Celebrated. The purpose of this home is to celebrate and embrace every moment. All services and stays at Crescent Cove to kids and families are at no out-of-pocket costs thanks to the generosity of donors who make this possible. Crescent Cove opened in May of 2018. This joyful home away from home is a place where families who care for their children with life-threatening conditions to utilize for short breaks of rest, or an option beyond the hospital or home environment for compassionate, end-of-life care. Nursing professionals trained in pediatric palliative care are on site to provide daily care, meals, pain and symptom control and Crescent Cove has a network of therapists to engage kids through music, art or pet therapy, healing touch, spiritual care and hydrotherapy.

We have offered volunteer time at a Back to School event where kids could pick treats and a Holiday drive-through where families could receive goodie bags with family memory bags, craft supplies and treats. We will also assist with putting together and delivering May Day baskets.

Jenise Teske
MNWT State President
2022-2023



WE ARE STRONG



Hello from the great state of Nebraska!

Our state philanthropy has been Aid to Foster Children since 1960's. Our state members feel the need for our support for our foster children, as they are very special children who are often deprived mentally, physically, and emotionally.

Since 1991 we supported Nebraska Friends of Foster Children. This past year Nebraska Friends of Foster Children dissolved. Through this organization our financial support we were able to provide for items such as class rings, senior pictures, music lesson and bicycles, which brings a little sunshine to the foster child's life. This past June they decided to dissolve.

At our Fall Conference we decided to keep our state philanthropy Aid to Foster Children. We voted on supporting two foundations, they are: Camp Catch-Up Nebraska Children and Foster Care Closet.

Camp Catch-Up Nebraska children is 100% free of cost for campers. Camp Catch-Up was started by Nebraska Children and Families Foundation in 2003 to offer youth in foster care, guardianship, or adoptive placements a no-cost opportunity to spend quality time with their brothers and sisters. These kids, ages 8-19, meet up with their siblings in a relaxed and fun and summer camp environment where they can take a break from the stresses of everyday life in the foster care system.

Foster Care Closet is a journey, not a destination. With our support we are here to help support children in the *entire* foster care journey.

- We continue to provide up to 5 outfits during each season for as long as the child remains in foster care.
- We provide a quiet environment that is not open to the public to help accommodate any special needs for our child or for their caregiver
- Our foster parents schedule a time to shop so that we can offer all our focus on meeting the needs of the child.

We provide additional support resources to families navigating the road of foster care.

At our Fall Conference, we also voted on a state priority program sponsored by Fremont Area chapter. In the year of 2023-2024 we will be educating our communities on Sex Trafficking.

Maxine Turner
State President

PRESIDENT@NEwomenoftoday.org

“It is a “Gnome” fact, we are the Best!”



Greetings from Pennsylvania,
Greetings from Pennsylvania,

Over the past two months, many of our chapters have taken a well-deserved break after so many large community projects during November and December. Like Spring, when the plants start to bloom, so are many activities in each chapter. Just to name a few, we are preparing for Easter egg hunts, first day of Spring fruit baskets for shut-ins, car shows and visits to assist living centers. “It is a “Gnome” fact, PA chapters and members are the Best!”

Here in Pennsylvania, there is not a single foundation or organization that we continuously support. Instead, each State President will ask the chapters to support a foundation or cause that is close to their heart. This year, I asked our chapters to support an organization in the area where we held our state meetings. At our August meeting, we collected school supplies for the Bethany House located in Womelsdorf. Our November meeting was held in an area between all our chapters, so chapters were asked to participate in a statewide food drive using “Reverse Advent Calendars”. These donations were given to food banks, churches and other organizations in their own communities.

Just to name a few, other organizations our chapters support are Project Lunis, Sandy’s Center for homeless veterans, New Hope for Women and Children, Bethany House, feeding the homeless, meals on wheels, and splash for Davey.

Our next state meeting will be April 29th at Scooters in the Lititz. You are all welcome to join us!

Cynthia Hilbert
President

