



Lisa Hahn, Programming Vice President

“Mixing it up with Programming”

Third Trimester Newsletter

We are well into our third trimester. My goal this trimester is to help you all complete your Community Connection reports, your OAP's: Outstanding Achievement in Programming certifications and send in your amazing projects to the Project Library. The links are below. I also want to encourage all of you to complete me 3<sup>rd</sup> trimester challenge.

I am looking forward to seeing you in Duluth in June for the Annual, Year-End convention. The weekend looks to be busy but loads of fun.

Prior to the Convention in June, I look forward to attending Nebraska's convention in April, the Missouri and Minnesota conventions in May. Many of the USWT staff were able to attend Iowa's convention. It was a cold but sunny day. We had a wonderful time.

### 3RD TRIMESTER CHALLENGE

**Raise funds for your local food pantries or hold a food drive. You can make it as simple as having your chapter members drop off food items, hold a community wide food drive or deliver food baskets to local families in need. The options are limitless. Please send me an email by May 1<sup>st</sup> to let me know what your chapter did.**

### Online Resources

Community Connections Report:

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

Outstanding Achievement in Programming:

<https://www.emailmeform.combuilder/form/2u077Ofxqla4fajko>

Project Library Form:

<https://www.emailmeform.com/builder/form/NFWRVy8f08dD6KTLlcj17>



## United States Women of Today Outstanding Achievement in Programming

Any member of the United States Women of Today may certify. Complete the form below and return it to the USWT Programming Vice President by September 1 for recognition at Mid Year or by May 1 for recognition at Annual Convention.

Name \_\_\_\_\_

Chapter \_\_\_\_\_ State \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Certify in Wellness and Personal Development (Date Completed) \_\_\_\_\_

\_\_\_\_\_ Chair or Co-chair a project at your local or state level

Event \_\_\_\_\_

Date Completed \_\_\_\_\_

\_\_\_\_\_ Participate in a program involving Domestic Violence Awareness

**Fundraising   Educational   Service Project (circle one)**

Event \_\_\_\_\_

Date Completed \_\_\_\_\_

\_\_\_\_\_ Participate in a program offered in your chapter or state (i.e. Ronald McDonald House, Flood for Crisis, March of Dimes, Relay for Life, Food Shelf, etc.)

**Fundraising   Educational   Service Project (circle one)**

Name of Event \_\_\_\_\_

Date Completed \_\_\_\_\_

\_\_\_\_\_ Participate in one competition on the State or National Level. This includes Speaking, Writing or Mid or Year-end Entries



**Dawn Nissen**  
**USWT DVA Program Manager**  
[dva@uswomenoftoday.org](mailto:dva@uswomenoftoday.org)

It is already 3<sup>rd</sup> trimester! I can't believe how fast time has gone. I hope you have enjoyed the information I have been sharing in my SIP and the Today's Leader. I appreciate all the transmittals and involvement you have shown in the purple Thursday challenge. With year end convention approaching, here are a few reminders.....

Year-End Buckets of Sunshine will be Safe Haven in Duluth, MN. You can find the wish list on their website at [safehavenshelter.org](http://safehavenshelter.org). It can also be found on [uswomenoftoday.org](http://uswomenoftoday.org) under News & Events. Lets help fulfil their list.

## PURPLE THURSDAY CHALLENGE

The 3<sup>rd</sup> Thursday each month wear purple and post your photos on the USWT Programming Facebook page or email me with your name, chapter and state to [dva@uswomenoftoday.org](mailto:dva@uswomenoftoday.org). Each time you post your picture, your name will go into a drawing for Year End.

## LUMINARY BAGS

We will be having a Domestic Violence Awareness Luminary Walk at USWT Year End Convention in Duluth, MN. Each luminary bag cost \$5.00. You can decorate yourself or have me do it for you.

Bags will be available at Year End Convention.



Shellie Haun, Wellness & Personal Development Program Manager

Dimensions of Wellness has six areas:

Physical 🌍 Spiritual 🌍 Social  
Emotional 🌍 Financial 🌍 Intellectual

Each Trimester two Dimensions are highlighted in the WPD SIP with a Focus, Challenge, and Resource.

We're in the home stretch, and things will be busy from here on out with all the end-of-year events. We still have through the end of April for members to certify, so please keep presenting them with the form.

Remember, there's a state competition for the state with the highest percentage of members certified. Will your state win?

Join me for a  
**Chocolate & Certifications**  
Zoom  
Tuesday, April 1<sup>st</sup>  
6:30 PM

We'll go over how to fill out the certification form, and help members complete items so they can certify and send in.

Please share with your contacts! All general members are welcome to attend.

Maybe your chapter can join in the zoom together.

I hope to see many of you soon!

## **SPEAKING COMPETITION**

Come join in the Speaking Competition at year-end in Duluth, MN!!

Topic is:

**“A moment that made you proud of yourself”**

Essay should be 600-800 words

Complete the **Competition Stat Sheet** and bring your **\$5 entry fee** to convention

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



# United States Women of Today

## *Wellness and Personal Development Program Manager Manual*

# Wellness and Personal Development Certification

Name \_\_\_\_\_ Date Joined \_\_\_\_\_ Date Certified \_\_\_\_\_

Chapter/State \_\_\_\_\_ Email \_\_\_\_\_

Is designed to assist individuals to be aware of their physical, and mental well-being, along with personal growth, careers and citizenship. This form may be completed once each USWT year. Complete a minimum of 15 of the following items and submit online at [www.uswomenoftoday.org](http://www.uswomenoftoday.org). You may also mail to your state contact postmarked no later than May 1

- Have a physical exam
- Know your numbers (cholesterol, blood pressure, glucose, and body mass index)
- Have a dental exam
- Be a registered organ donor
- Have an eye exam
- Donate blood/plasma
- Certify in CPR or First Aid
- Check your medication, spice or food cabinet for outdated items and dispose of them properly
- Exercise a minimum of 3 times per week for one month
- Attend a seminar, health fair, or read an article on a health topic
- Keep a journal for 30 days logging your diet, time management, mood or exercise
- Visit a nursing home, hospital or shut in
- Complete a Speaking competition or Impromptu competition
- Present a 4 – 6 minutes speech
- Enter a writing competition
- Write an article for a chapter, district, state or national newsletter
- Write an essay or short story with 300 or more words, but less than 500 words
- Chair a project
- Participate in a leadership exercise
- Participate in a team-building exercise
- Participate in a chapter project
- Attend a state or United States Women of Today meeting
- Learn a new craft
- Learn a new recipe
- Read a book or listen to an audio book
- Update your will or review your financials
- Volunteer in another organization
- Interview a member of a different generation about changes they have seen in their lifespan
- Interview someone from a different culture or nation.
- Hold local, state or national office
- Other: \_\_\_\_\_

# Membership Tri 3 Newsletter

Shellie Matthes - MVP



U.S.W.T. Membership teams, it sounds like you're in the middle of a busy and exciting time! It's great to hear that all the hard work is paying off with those impressive retention and recruitment numbers. The end of the trimester is always an exciting milestone—there's so much to reflect on, but also a lot of energy toward wrapping things up strong. How are you feeling about the progress so far, and is there anything specific you're looking forward to in the final stretch?

To help you reach your goals I am offering a Membership Challenge that will “add” a little something that we all can use. In the months of March and April let's sign 40 new members in honor of our **40<sup>th</sup> anniversary!** Each new members name will be placed in a drawing and the winner will be the recipient of \$40.00 cash! The chapters that sign a new member and submit the new member(s) through the USWT website link will receive a colorful ticket to be first in line for the luncheon at the USWT Annual Convention in Duluth!! Hopefully, this challenge is motivating and fun and will encourage everyone to rally together and make those 40 new sign-ups happen!

Watch the USWT Membership Facebook page for updates!

**Monday, March 17, 2025 at 6:30pm CST via Zoom US Women of Today is inviting you to a scheduled zoom meeting.**

Topic: Membership Zoom Conversation

Time: Mar 17, 2025 06:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84772794226?pwd=SlvSCV7t1jGbDaXIENHSA5DAcvyMzJ.1>

Meeting ID: 847 7279 4226

Passcode: 273837

Join us to share successes that your chapter is having and brainstorm solutions for membership challenges you are experiencing! The zoom link is posted above and will be posted to the USWT Membership Facebook page and emailed out to all chapters.

We have a lot of fun daily challenges on the USWT Facebook page as well! Be sure to join in on the fun and earn a chance to win some fun awards!!

I am looking forward to seeing everyone at the Annual Convention and to share all of our fabulous accomplishments.




Cindy Golbuff – PUBLIC RELATIONS DIRECTOR

“B the Buzz PR”

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

Third Trimester Newsletter

Time is just “buzzing”  by! We have many items planned for the 3<sup>rd</sup> trimester; please check out the 3<sup>rd</sup> Trimester SIP; the March/April Today’s Leader for great information on the awesome USWT Website! Here is the link: [2024-2025-Mar Apr-Todays-Leader-1-1.pdf](#). I have enjoyed hearing about all the wonderful things you are doing in your communities.

**April 20-26 is National Volunteer Week.** What are your plans to honor the volunteers that help your community, chapter, state? I look forward to seeing many Shout Out with PR forms with Volunteer Week activities and Random Acts of Kindness Day. Let’s work together to celebrate many successes as we celebrate 40 years of US Women of Today! I hope you continue to share your leadership with Women of Today for the 2025-2026 year. Please reach out to us with any questions. I am here to assist you in any way I can.

### 3<sup>rd</sup> Trimester Challenges:



Volunteer Week: Send in or email Shout out with Public Relations form for an incentive. This form is used each trimester to celebrate your chapter’s Public Relations activities. Click below to fill out the form:  
[EmailMe Form - USWT Shout Out with Public Relations Participation](#)



Chapter PR Challenges: using PR material- Send/email in 2 of the following: \*Chapter flyer \*Brochure \*QR code to your chapter information \*A chapter activity/event with banner/brochures out (take a photo/email it to me) Due 5/1/25. All entries receive an incentive

### MARCH- APRIL EMPHASIS MONTHS:

\*MEMBERSHIP, HEALTH & WELLNESS, U.S. FOUNDER’S CHARITIES

\*PUBLIC RELATIONS

\*OUTSTANDING ACHIEVEMENT IN PROGRAMMING

*Put this on your calendar! June 13-14, 2025 USWT Year End convention will be at Duluth, MN. Registration and more information can be found on the USWT website: [USWT Conventions - United States Women of Today](#) We will be CELEBRATING!*

**USWT Charities:** The US Founders Charities was established in 1988 with its primary objective being that of service through charitable and educational avenues. It is a non-profit, publicly supported organization funded through voluntary contributions. It also promotes the goals and objectives of the United States Women of Today through Education, Fundraising, Chapter grants, Scholarships. For more information click on the link to the website: [USWT Founders Charities – United States Women of Today](#) . The \$100 Pledge donation remains in a saving account where the principal remains intact but the interest earned from the account may be used for such things as \*chapter grants or scholarships. Currently members who donate \$100 became known as a” Curator”.





### What is Buckets of Sunshine Project?

A national project to promote “Buckets” filled with personal care products to local crisis centers.

Each chapter is encouraged to participate by providing **Buckets of Sunshine** in their community as well as in the USWT Buckets of Sunshine for the Annual Meeting. The Safe Haven of Duluth is the shelter we will support at Annual Convention, June 13-14, 2025.

Reporting: Once your chapter has participated in a BOS project, please complete the BOS on the USWT website: [EmailMe Form - USWT Buckets of Sunshine Participation](#) or print PDF and send to PR Director. (Me ☎ Reach out to me for more information: [pr@uswomenoftoday.org](mailto:pr@uswomenoftoday.org)

#### **Challenge:**

##### **BOS project report:**

**Looking for 15 chapters to share/submit a BOS by 5/15. All entries entered into a gift drawing.**



#### Upcoming Monthly Conversations

- March 17: Membership
- April 22: Succession Planning
- May 1: Convention; Buckets of Sunshine



### **Is USWT A SECRET? Who does PR?**

The aim of Public Relations is to inform the public (i.e., prospective members), and ultimately persuade them to maintain a favorable view about the chapter, its [leadership](#), and services (or join). Who does PR?

**We all do!** 😊 How is PR done? Here are some ideas.

\*Talk about Women of Today. Wear U.S.W.T. shirts, state WT shirts or your chapter WT shirt! Talk, talk, talk about Women of Today. When I see WT members working a project within their community, they are having fun and promoting WT.

\*Be positive and encouraging

\* Make up bookmarks and leave them in the library.

\*Use the resource of the USWT website for PR samples: [USWT PR Samples](#)

\***Promote now what you are doing for National Volunteer Week:** Send a letter to the newspaper, promote through social media. And continue to Talk and share with communities what you are doing as you continue to Make a Difference!



Have you thought about being an officer of the United States Women of Today? Have you seen someone at convention and said Hey I can do that position, it looks fun. Please reach out to me with any questions you might have [cob@uswomenoftoday.org](mailto:cob@uswomenoftoday.org), we are starting to fill up the board Don't Wait!!

We are looking for someone to host the Annual Convention in June 2026, please reach out if you are interested or have questions.

40<sup>th</sup> Anniversary t shirts [www.companycasuals.com/WOTAnniversary](http://www.companycasuals.com/WOTAnniversary) is the link for t-shirts sales, end April 15<sup>th</sup>.



- Barb Fish "Charter Chairman" 1985-1986
- Vicki Fisher "Sharing Our Dreams" 1986-1987
- Susan Schuler "We the People" 1987-1988
- Pat Branstad "Yesterday's Dream, Today's Successes, Tomorrow's Vision" 1988-1989
- Pat (Zeinz) Barker "The Heartbeat of America...Women of Today" 1989-1990
- Joy Hutchcraft "Sharing the Vision" 1990-1991
- Deb VanMatre "Excitement in the Air" 1991-1992
- Mary Malmberg "Spirit of Excellence" 1992-1993
- Carmella Mongold "United We Stand" 1993-1994
- Linda Gates "Catch a Rising Star" 1994-1995
- Joey Hedstrom "An All Time High" 1995-1996
- Deb Peters "Planting Our Belief In the Future" 1996-1997
- Sheila (Carroll) Conrad "Sharing the Light of Leadership and Service" 1997-1998
- Terry Pronko "Hearts Across America" 1998-1999
- Barbara Wigell "True Colors" 1999-2000
- Terri Sherman "Committed to Excellence" 2000-2001
- Amy Pumper "A Vision of Success" 2001-2002
- Michele Thompson "Hand in Hand, Together We Can" 2002-2003
- Karen Irwin "Imagine the Possibilities" 2003-2004
- Karen Hekz "Amazing History -- Incredible Future" 2004-2005
- Brenda S. Almonney "Inspiring Our Talents" 2005-2006
- Cynthia Hilbert "Patchwork of Friendship" 2006-2007
- Kayla Hermann "Believe" 2007-2008
- Janet Esper "New Dreams--New Vision--New Stars" 2008-2009
- Sue "Hinky" Dionne "Together We Make a Difference" 2009-2010
- Deborah Stein "New Directions" 2010-2011
- Pat Fern "Building Our Future" 2011-2012
- Maxine Turner "Reach for the Stars" 2012-2013
- Cindy Urtacher "Reflecting Commitments" 2013-2014
- Judy Herrala "Soaring to New Opportunities" 2014-2015
- Joyce Harpster "Lasting Connections" 2015-2016
- Barb Wigell "Strong Women" 2016-2017
- Nicky Anderson "Imagine, Create, Inspire" 2017-2018
- Laura Gayford "Wings to Fly--Dreams to Be" 2018-2019
- Cindy Sanders "Discovering Our Future" 2019-2020
- Angelina Dietz "Stronger Together" 2020-2021
- Cindy Umland "Branch Out, Reach for Your Dreams" 2021-2022
- Laura Morris "Inspire" 2022-2023
- Tracey Pierson "Believe in Yourself" 2023-2024
- Jane Hanson "Make a Colorful Difference" 2024-2025

Don't Stop Believing,  
Tracey Pierson  
USWT COB 2024-2025

## EXTENSIONS

Everybody and anybody can help with an extension  
Excitement is available for those who go above and beyond  
Time spent helping with an extension is well worth it  
Endless opportunities are there for sharing your talents  
New friendships come with new members  
Sharing why you joined may be all that other person needs to hear to want to join  
If you just try, others will come along side of you  
Offering friendships, opportunities to provide service to community members  
Now is better than never  
Somewhere out there is a new community waiting for you

I know helping with an Extension is not for everybody but consider trying it today. Check out my challenge in the March/April issue of the Today's Leader. Who wants to put a Benjamin in their pocket at Year-End convention in Duluth in June?

Jenise Teske  
USWT Extensions Director

## \$\$\$ Ways and Means Year End Fundraisers \$\$\$

### A. Fudge and Caramels

We will be selling Walnut Grove Mercantile fudge and caramels again this year. The fudge/caramels sell for \$10 a box (1/2 pound).



This year all orders will be placed and paid for online. There will be two options for receiving your orders:

1. You can pick up the fudge/caramels at year end convention in Duluth. (Or have someone pick up your order for you.)
2. The fudge/caramels can be shipped to an address you specify for an additional \$15 shipping fee for up to 12 boxes.

The link to order will be available on the USWT web site and USWT Administration page on Facebook. Sales will run April 22nd thru May 26<sup>th</sup>.

### B. Virtual BINGO - Mark your calendars

Celebrate Cinco De Mayo a day early with virtual BINGO. Sunday May 4<sup>th</sup>.

Watch for details in the next Todays Leader and posted on the USWT web site and USWT Administration page on Facebook later in April.



If have any questions, please contact me at [treasurer@uswomenoftoday.org](mailto:treasurer@uswomenoftoday.org)

Thank you. - Bonnie Waller, USWT Treasurer



Mary Hansen – USWT Secretary  
2024-2025  
[secretary@uswomenoftoday.org](mailto:secretary@uswomenoftoday.org)

Hello to everyone!

We are getting close to our year end! 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.

As we wrap up our individual positions we need to prepare our successors. The USWT publishes an **All Chapter Mailing** to be issued in April. Plans are to email a copy to all Chapters – please watch for it in a chapter email and share it with all your officers. It is our hope that it will be filled with lots of useful information to help wind up your year end and prepare for the new year.

**My third trimester challenge is to send me an email that contains 3 items:**

- **What has been your highlight of this year and why (this does not have to be related to your position)**
- **What has been a challenge this year and how did you work through the issue**
- **What would be a piece of advice that you would pass on to your successor**

*Mary Hansen*

g h o n g r e c o r d s j t a  
d e f n u c d e i s p a m m w  
e h p q p m f y x a h p m o z  
p f i i v i n y r o b e r t s  
e a n b j k f m i n u t e s j  
n c m z s f o f c p u q y f c  
d t g p a e r i q o w g z r r  
a u v l x r d v m e n l n m n  
b a v v c u e l s o j c q u n  
l l i m p a r t i a l e i f t  
e v j s u n s d m g w e k s n  
z c m c h z e l e q b i c b e  
a t t e n d a n c e w s n b w  
o m o t i o n n k p q l j u i  
j s e c r e t a r y r e q n w

attendance  
impartial  
roberts  
motion

dependable  
minutes  
concise  
orders

secretary  
records  
factual



USWT Parliamentarian SIP

2024-2025

Michelle McGowan

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

Please send me your chapter and state bylaws & policies to review. I will put your name into a drawing for a gift card at Year-End Convention in June. I would love to attend your meetings when you do your yearly review also.

Bylaws need to be voted on by the general membership, Policies can be voted on by the Executive Board. Both votes will be at the Year-End meeting in June in Duluth.

## Bylaw motions:

I move that we delete the wording in Article II, Section 1, which states, "The purpose of this corporation shall be to encourage, foster and support the growth and establishment of the U.S. Women of Today state and local member chapters," **and replace with:**

### **Section 1 Mission, Vision, Benefits**

#### **A. Mission Statement**

**"Our mission is to provide opportunities in the areas of community service, leadership training, personal growth and work in partnerships with multiple charities."**

#### **B. Vision Statement**

**"We are passionate people of action... Empowering individuals to make a difference in their lives and communities."**

#### **C. Benefits Statement**

**Benefits from participating in Women of Today:**

- . United in our vision to make a difference through service and community involvement**
- . Enrich and empower women in our communities**
- . Foster a welcoming and inclusive social experience**
- . Women gain confidence to lead**
- . Creating supportive connections as we develop lifelong friendships.**

I move that we relocate Article II, Section 2, which states, "This organization shall be non-partisan and non-sectarian. It shall wholly abstain from any political affiliation or endorsement of candidates for political office and be dedicated solely to performing functions affecting the civic, educational, recreational, and social interests of the community, state, and nation," to **Article I and renumber as Section 7.**

I move that we remove the word PURPOSE from ARTICLE II PURPOSE AND CREED to read: **ARTICLE II CREED.**

I move that we change Article II Section 3 to be titled **Article II CREED.**

## Policy motions:

I move that we amend Policy 2, Section 1.B. by adding the words 'a' and 'Program Managers' so that it reads: The internal programming area shall have a Wellness and Personal Development Program Manager.

I move that we amend Policy 2, Section 3.C.1.A. to read **Writing Competition \$5.00.**

I move that we add Policy 2, Section 3.C.3. to read **Minimum of three (3) competitors for Speaking and Writing competitions.**

I move that we remove Board of Directors and replace with Executive Committee in Policy 13, Section 1.A.5. so that it reads: Dues Billing Contract Committee will make a recommendation for dues billing provider to the **Executive Committee** for approval at the National Mid-Year Meeting.

I move that we remove Board of Directors and replace with Executive Committee and add the word National in Policy 13, Section 2.A.5. so that it reads: Webmaster Contract Committee will make a recommendation for Webmaster to the **Executive Committee** for approval at the **National Mid-Year Meeting.**

Please reach out to me with any questions you have.