

First-Trimester State Information Packet (SIP)



Dr. Sammi Mongold-Cabral
What's Brewing in Programming?
USWT Programming Vice President 2026-2027

My theme is "What's Brewing in Programming?" for many reasons! I am a big coffee fan, and I love puns! This year, my focus is to show the membership what is brewing in programming across the membership, help percolate ideas in states and chapters, and make sure that a latte appreciation is shown for those that have bean giving it their all! I plan on doing this through my trimester challenges, Today's Leader articles, and Facebook/social media posts!

PVP: pvp@uswomenoftoday.org
DVA: dva@uswomenoftoday.org
WPD: wpd@uswomenoftoday.org

Hello! I am Dr. Sammi Mongold-Cabral, and I am your 2026-2027 USWT Programming Vice President! I am from the Wild West chapter of Arizona Women of Today, and have been a member since 2013 (as soon as I turned 18). I have my Doctorate in Psychology in Clinical Psychology and work in community mental health with individuals across the lifespan on the autism spectrum. I am married to my best friend, (big) CJ, and we have our lovely daughter, (little) CJ! Being a working mom, I love me a cup of coffee in the morning, in the afternoon, and in the evening if needed! Coffee is not just an energy booster - it can be something that brings people together!

In many ways, that is what Programming does, too! Programming as a whole, and within the areas of Wellness and Personal Development, and Domestic Violence Awareness. Programming can connect us, spark new ideas, and give us opportunities to learn, serve, and grow together. I have grown up with this organization, and I can't wait to see what's brewing in programming this year, and to share a fresh pot of ideas, support, and fun with all of you!

Fast Start - Due by August 15th, 2026.

Please email me at pvp@uswomenoftoday.org with the following:

- ☕ **A brief introduction** about yourself, including who you are, your state and chapter, and how long you've been a member of Women of Today.
- ☕ **Your goals and plan of action** for the year. What exciting ideas are brewing in your position, and what do you hope to accomplish?
- ☕ **How I can best support you and your state** this year in regard to programming and achieving your goals. I want to know how I can help keep your cup full!

First Trimester Challenge: "What's Brewing in Your Chapter?"

Sometimes the best ideas start with a simple conversation over a cup of coffee! During the first trimester, challenge your chapters to try one new programming activity and share it with others!

How to Participate:

1. Host one new project, activity, or event in your chapter.
2. Submit a short description (Project Report) and photo (if available) to pvp@uswomenoftoday.org
3. Include one sentence beginning with: "What's brewing in our chapter is..."

Examples:

- "What's brewing in our chapter is a First Responder Appreciation Breakfast."
 - "What's brewing in our chapter is a Community Garden Project."
 - "What's brewing in our chapter is a Membership Mentoring Night."

Responses to my challenge will be showcased on the Programming FB page, and you will receive an incentive at Mid-Year in October!

Outstanding Achievement in Programming

My overall goal is to receive 60 Outstanding Achievement in Programming submissions by May 1st, 2026! This is going to be broken up by trimester (with each trimester goal dependent on the previous trimester/s) - therefore, the goal for the first trimester is 20 submissions!

This involves certifying in Wellness and Personal Development, chairing or co-chairing a project, participating in the Domestic Violence Awareness programming area, participating in a program within your chapter or state (such as Relay for Life, Ronald McDonald House, etc), and participating in one competition on the state or national level (speaking or writing)!

All will be recognized, and individuals will go into a drawing for a prize for all trimesters (First Tri at Mid-Year, Second and Third at Year-End)!



Project Library Submissions

The [project library](#) was designed as a way for the membership to share projects, events, fundraising ideas, etc! Many chapters/districts/states across the membership are looking for ideas on how to participate in and serve their community, so let's support each other!

Five different types of projects qualify:

Internal (membership drives, personal enrichment, public relations, etc.)

Ways & Means (raising funds to operate state/chapter - to general fund)

Community Involvement (*Fundraising* - raised for another organization)

Community Involvement (*Non-fundraising* - projects to support the community)

Chapter Publications (plan of action, chapter/state newsletter, etc.)

My goal was 40 total Project Library Submissions, and I am looking for 15 in the first trimester - to report on at Mid-Year convention - help me, and us, make this goal! All (individuals/chapters/states) that submit will be placed into a drawing for a prize at Year-End!

Community Connections Reports

Community Connections reports are submitted to state and national P/VPs each trimester, which share the hours and monetary donations (actual or in-kind) by project that your chapter participated in during the trimester!

This helps us identify and showcase the work that each of you is doing at the local level!

Accuracy is very important as the information gathered from these reports is what is shared and reported on at Mid-Year and Year-End, indicating the impact United States Women of Today has had on the communities we serve!

My goal is to report to the membership, at Year-End, a total of at least 2 million dollars!
We can do it!

