



~~ Sparkle Challenges ~~

USWT Trimester 1 Sparkle Starter Challenge Participants

These members accepted the 7-day kickoff, did one small uplifting action each day, and sent me their list. They will each be receiving a little "sparkle" from me at Mid-Year Convention.

Member	State	Chapter
Laura Bentley	Iowa	New Hampton
Michele Thompson	Iowa	New Hampton
Arlene Feldewerd	Minnesota	Avon
Cindy Golfbuff	Minnesota	Blooming Prairie
Flora Crenshaw	Minnesota	Brooklyn Park
Tawn Hanson	Minnesota	Brooklyn Park
Lucy Hazlewood	Minnesota	Brooklyn Park
Anna Nichols	Minnesota	Brooklyn Park
Charles Nichols	Minnesota	Brooklyn Park
Cathy Stienagle	Minnesota	Brooklyn Park
Mary Sobczak	Minnesota	Burnsville
Cindy Umland	Minnesota	St. Cloud
Deborah Stein	Pennsylvania	Northeastern

USWT Fast Starts Completed by August 15th

These members started their year off by completing their fast start. They will receive a certificate along with a little "Sparkle" at the Mid-Year Convention.

Member	State	Chapter
Karen Stark	Illinois	Crystal Lake
Michele Thompson	Iowa	New Hampton
Cindy Golbuff	Minnesota	Blooming Prairie
Virginia Haberman	Minnesota	Coon Rapids
Cindy Umland	Minnesota	St. Cloud
Terri Danner	Missouri	Trumanland
Linda Lenser	Nebraska	Heartland

WPD Contact Information

Shirley Viesselman
wpd@uswomenoftoday.org
uswomenoftoday.org

Calendar of Events

September 1 – All Trimester One Certifications due.
September 10 – USWT Mid-Year Writing Competition Entries Due
September 20-26 – Celebrate Women of Today Week
October 1-3 – USWT Mid-Year Convention in Kansas City
December 31 – All Trimester 2 Certifications due.

What you can find in this State Information Packet (SIP)

- Calendar of upcoming events
- Sparkle Challenge Participants
- Fast Start Participants
- Mid-Year Writing Competition
- Impromptu Speaking at Mid-Year
- Wellness and Sparkle
- Chapter Sparkle Wellness Activities
- An Explanation of the WPD Certification
- WPD Certification Sample

Wellness is the foundation of our sparkle. When we care for our minds, bodies, and spirits, we create the inner glow that allows us to brighten the world around us. Wellness gives us the energy to be patient, the clarity to be kind, and the resilience to lift others up. When we nurture ourselves, we don't just feel better — we shine brighter. And that shine becomes a gift we share with everyone we meet.

Together, let's create a year filled with connection, encouragement, joy, and well-being. Together, we will truly **Leave a Little Sparkle Wherever We Go.**



USWT Mid-Year Writing Competition Rules and Guidelines

1. Contest Overview

- **Theme:** "Share a story about a time when someone else's kindness impacted your life, or when your own act of kindness brightened someone else's day."
- **Eligibility:** All USWT members in good standing
- **Deadline:** September 10, 2026

2. Submission Guidelines

- **Word Count:** Entries must be between 500 and 600 words.
- **File Formatting:** PDF or DOCX, Arial, 12-point, double-spacing
- **Page 1:** Cover page with your name, chapter, and state
- **Page 2:** Story title and entry.
- **Submission Method:** Mail entries to: Shirley Viesselman, 1015 Jefferson St SE, Hutchinson, MN 55350, or email submissions to: wpd@uswomenoftoday.org

3. Judging Criteria

- **Content and Relevance (50%):** How well the entry relates to the theme and demonstrates original thought.
- **Organization & Structure (30%):** Logical flow, clear beginning, climax, and wrapping it all up.
- **Mechanics & Style (20%):** Grammar, punctuation, spelling, vocabulary, and effective use of active voice.

4. Prizes and Rules

- **Prizes:** First Place: Plaque, Second and Third Place: Certificates

Winner Announcement: Winners will be announced at the USWT Mid-Year Convention in Kansas City.

TRI 2 CERTIFICATION CHALLENGE

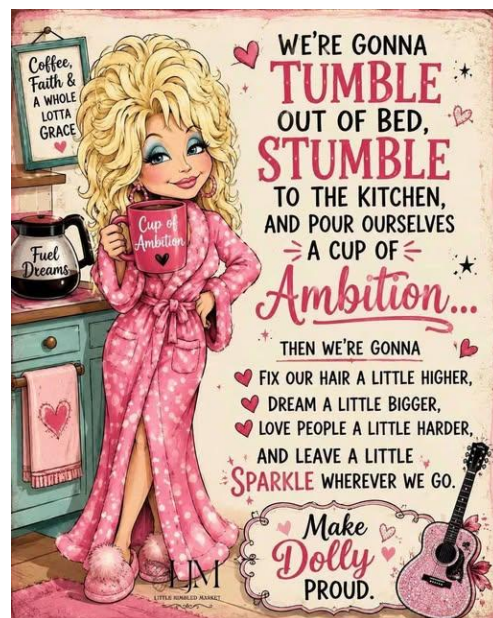
- USWT Wellness & Personal Development Certification
- Use this link to complete the certification: [Email Me Form - USWT Wellness & Personal Development Certification](#)
- Each member who completes the certification between September 1st and December 31st will get their name in a drawing and receive some "Snail Mail" from me in January!
- Certificates of completion will be handed out at USWT Annual Convention in June.

Participate in the Mid-Year Convention Impromptu Speaking Competition

Compete with your peers! Drawings and incentives for every participant!

Entry Fee - \$5.00

Impromptu
Speaking



~~ Wellness & Sparkle ~~

Have you ever thought about how caring for ourselves helps us shine brighter? We're already through our 1st Trimester, and our theme reminds us that sparkle isn't something we carry in our pockets – it's something we carry in our hearts. It shows up in our kindness, our patience, our encouragement, and the way we choose to show up for one another. But there's another truth woven into this message: our sparkle grows when we care for our own wellness. Wellness and sparkle are not separate ideas. They are partners. When we nurture our well-being, we strengthen the light we bring into the world.

Wellness Creates the Conditions for Sparkle! Sparkle is the outward glow. Wellness is the inward care that makes that glow possible.

- **Emotional wellness** helps us respond with grace instead of frustration. When we feel grounded, our sparkle becomes gentler and more consistent.
- **Physical wellness** gives us the energy to participate fully, to show up with enthusiasm, and to offer support without feeling depleted.
- **Social wellness** strengthens our connections, helping us build relationships where encouragement flows naturally.
- **Purpose-driven wellness** aligns our actions with our values, making our sparkle feel authentic and deeply rooted.

Wellness isn't about perfection — it's about intention. When we care for ourselves, even in small ways, we create space for our sparkle to shine.

The Sparkle Effect: How Wellness Radiates Outward. When we are well, we don't just feel better — we *become* better for others.

A well-rested person listens more fully. A supported person encourages more freely. A connected person uplifts more naturally. A purposeful person inspires more deeply.

This is how wellness becomes a community force. One person's sparkle lights the next person's path, and soon the whole room feels brighter.

Wellness Practices That Help Us “Leave a Little Sparkle Wherever We Go”! Here are simple, accessible ways members can nurture their wellness — and in doing so, strengthen their sparkle:

- **Mindful moments** — A deep breath before responding. A pause before reacting. A moment of gratitude before beginning the day.
- **Kindness rituals** — Sending a quick note of appreciation, offering a sincere compliment, or checking in on someone quietly.
- **Energy protectors** — Setting boundaries, choosing rest without guilt, and recognizing when to step back.
- **Joy cultivation** — Seeking small delights: sunlight, laughter, creativity, connection.

These practices aren't just wellness habits — they're sparkle generators.

So, how will YOU “Leave a Little Sparkle Wherever You Go” in Trimester 2, using the wellness ideas above? I encourage you to participate in the sparkle activities and challenges you'll find in the SIP and on the USWT Programming Facebook page.

Sparkle Wellness Activities for Meetings

Add these to chapter meetings, socials, or events.

- **“Sparkle Circle”** – Each member shares one positive thing another member did recently, big or small.
- **“Compliment Cards”** – Members write anonymous compliments or affirmations and place them in a shared basket. At the end of the meeting, pass the basket around so each member draws one card to take home.
- **“Joy Board”** – Create a board where members post photos, quotes, or notes about what brings them joy. Keep the board available at every meeting so it grows throughout the year. It becomes a living collage of positivity and shared happiness.
- **“Wellness Moment”** – Begin each meeting with a short breathing exercise, gratitude prompt (one thing that went well today), or reflection (one small way you cared for yourself this month). It helps members arrive fully present, calm, and ready to connect.
- **“Sparkle Swap”** – Members bring a small item that brings them joy and swap it with someone else. Could be a favorite pen, snack, book, craft, etc. Members draw numbers or names to choose an item to take home. Encourage the member bringing the item to share why it brings them joy. It’s fun, personal, and helps members learn more about each other.

USWT Wellness & Personal Development Certifications Completed in the First Trimester

Thank you for sparkling and investing in yourselves.

Member	State	Chapter
Pam Dyer	Minnesota	Anoka
Brandy Mausbach	Minnesota	Blooming Prairie
Jennifer Grovdahl	Minnesota	Blooming Prairie
Frances Nelson	Minnesota	St. Joseph
Michelle Cloutier	Minnesota	Burnsville
Hillari Zweibohmer	Nebraska	Omaha
Dianne Giroux	Minnesota	Iron Range
Shirley Viesselman	Minnesota	Hutchinson Area
Deborah Stein	Pennsylvania	Northeastern
Janet Reed	Minnesota	Coon Rapids
Stefany Nikolaus	Minnesota	Anoka
Shari Chakoian	Illinois	Crystal Lake
Cindy Golbuff	Minnesota	Blooming Prairie
Angie Dietz	Iowa	Nashua
Samantha Robinson	Iowa	Nashua
Karen Stark	Illinois	Crystal Lake
Kellie Engler	Minnesota	Morris Area
Marie Hansen	Minnesota	Morris Area
Anita Smoley	Minnesota	St. Joseph
Sue Schroeder	Illinois	Crystal Lake
Debbie Funsch	Illinois	Pawnee
Shellie Matthes	Minnesota	White Bear Lake
Sheila Thorud	Minnesota	White Bear Lake
Amanda Matthes	Minnesota	White Bear Lake

A Stronger Explanation of the WPD Certification

The **USWT Wellness & Personal Development Certification** is more than a checklist—it's a yearly opportunity for members to invest in themselves. This program encourages each of us to pause, reflect, and intentionally nurture our **physical health, mental well-being, personal growth, leadership skills, and citizenship awareness**. It's designed to help members build habits that support a healthier, more confident, and more connected life.

Members complete **15 of 30 activities—a flexible structure that lets everyone** choose the items that best fit their goals, interests, and lifestyle. Whether someone focuses on wellness appointments, leadership experiences, creative expression, or community engagement, every completed item represents a meaningful step toward personal growth.

Why This Certification Matters

Here's the heart of why completing the certification is important—not just for the organization, but for each member personally:

1. It encourages intentional self-care

Many of us put ourselves last. This certification gently nudges members to schedule the physical exams, mental wellness practices, and healthy routines that often get pushed aside. It reminds us that caring for ourselves is not selfish—it's foundational.

2. It strengthens personal growth and confidence

Activities like writing, speaking, learning new skills, or leading projects help members stretch their abilities. Completing the certification becomes a celebration of courage, creativity, and progress.

3. It builds stronger leaders

Leadership doesn't happen all at once—it grows through experiences. The certification encourages members to try leadership exercises, chair projects, attend meetings, and engage with others. These moments build confidence and capability that ripple through chapters and communities.

4. It deepens connection and citizenship

Visiting a nursing home, volunteering with another organization, or interviewing someone from a different generation or culture expands empathy and understanding. These activities help members feel more connected to the world around them.

5. It supports overall wellness—body, mind, and spirit

The certification blends physical health, emotional well-being, creativity, learning, and service. It's a holistic approach to living well and shining brightly.

6. It celebrates progress, not perfection

Members choose the activities that fit their life. Every completed item is a win. The certification becomes a personal journey—one that honors effort, growth, and intention.

7. It strengthens the USWT mission

When members invest in themselves, they show up stronger for their families, chapters, and communities. A healthier, more confident membership creates a more vibrant organization.



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. 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: _____

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