

TODAY'S LEADER



Jane Hanson
United States
Women of Today
President 2024-2025



USWT MISSION STATEMENT

“Our mission is to provide opportunities in the areas of community service, leadership training, personal growth and work in partnership with multiple charities.”

Happy New Year! I hope you all had a great holiday season.

As we begin our third trimester, this quote Arthur Ashe comes to mind; What does that mean for the US Women of Today? We had so many successes First and Second Trimesters – let's finish strong!



Let's work together to celebrate many successes as we celebrate 40 years of US Women of Today. Here are some thoughts for you to consider as you begin our final trimester.

Membership:

- Now is the time to invite that friend to a meeting and offer them the gift of membership
- Have a conversation in your chapter to make sure you are holding the events, projects and socials that your members want. Make your chapter a place where prospectives want to join and be a part of your mission
- Maybe you have missed a few meetings; get involved in this new year
- Learn how Public Relations can help get your message out and invite others to join your chapter. Fill out the Shout out with Public Relations form.
- Hold a certification night; encourage your members to fill out STEP certifications
- Let's work on identifying new communities to reach out and start a new chapter
- Let's work for membership growth and retention of at least 83% for the year

Programming:

- Report your service hours and dollars donated – if all chapters report their projects, we will see record numbers reported at annual convention.
- Consider participating in the Writing Competition
- Fill out Wellness Personal Development or an Outstanding Achievement in Programming certification
- Submit an entry for the Project Library
- Participate in Purple Thursday or hold a service project or education for Domestic Violence Awareness and fill out the DVA transmittal
- Create your luminary bag (or Dawn will do it for you) for a \$5 to DVA and be part of the luminary walk at Annual Convention

Get involved in US Women of Today:

- Say YES to being on your chapter or state board. It's fun and rewarding!
- Now is the time to step up and take on a position on the US level
- Join a state or US committee and bring new ideas to share
- Like the USWT Administration Facebook page to see the bi-weekly posts and then share those posts to your FB page with a personal note about your chapter
- Watch for the Walnut Grove Fudge and Caramel fund raiser this spring
- Register for Annual Convention in Duluth on June 13-14. This is going to a very special celebration for our 40th anniversary that you will not want to miss. Registration is on the US website under the News & Events.

Join the upcoming Monthly Conversation Zoom Meeting

- Each month will be a 30-40 minute conversation on different topics.
- Jan. 9 – Learn about our New Website
- Feb. 10 – Conversation with PR Director Cindy on Using Facebook and other ways to promote your chapter and state

Look at your goals for the year and see what still needs to be accomplished. Set some new goals, work to accomplish new things in your chapter and state!

I have had the opportunity to do visits to Arizona and Pennsylvania. It was great to meet all the members. Keep up the good work...you are all certainly "Making a Colorful Difference".



In WT Friendship,
Jane Hanson

JANUARY	2025
Emphasis	Wellness and Personal Development, Project Recognition
1	WPD Certification State Challenge Begins Dimensions of Wellness Financial Challenge Begins
2	Second trimester renewals and New Member adds postmarked to the Membership VP
5	Monthly Reports due to USWT President US Staff Zoom Meeting
9	Monthly conversation: Topic is Learn about the new website
12	State President Zoom Meeting
16	Purple Thursday
29	Future Directions Zoom Meeting at 7pm
30	Fall Colors Celebration with MVP Shellie and President Jane (by invite only)
31	President Golden Star Award Community Recognition due to USWT President
FEBRUARY	
Emphasis	Extensions, Domestic Violence Awareness, STEP, Teen Dating Violence Awareness
1	New Member adds postmarked to the Membership VP
5	Wear orange for Teen Dating Violence awareness
10	Monthly Conversation: Topic is Public Relations and Facebook
18	Extensions Committee Meeting
20	Today's Leader article due to USWT President and Secretary Purple Thursday
28	Dimensions of Wellness Financial Challenge Ends
MARCH	
Emphasis	Membership, US Founder's Charities, Wellness and Personal Development
1	New Member adds postmarked to the Membership VP Dimensions of Wellness Intellectual Challenge Begins
9	State President Zoom meeting
20	Purple Thursday
26	Future Directions Zoom Meeting at 7pm All Chapter Mailing articles due to USWT President and Secretary

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Public Relations

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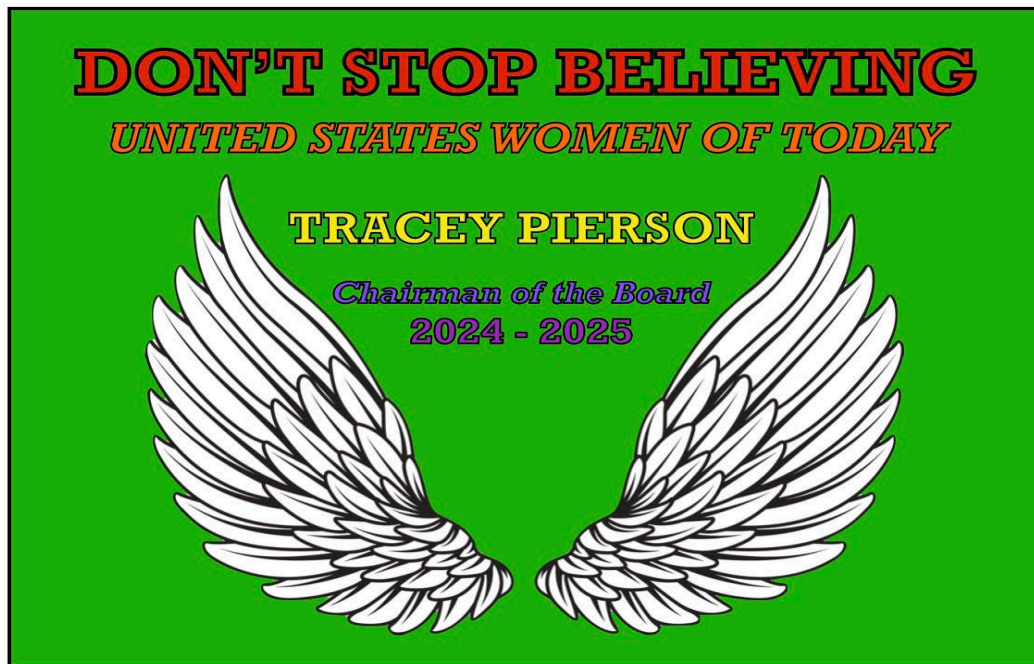
DVA Program Manager

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Moving up the non-profit organizational ladder" means to gradually increase your level of involvement and commitment within a non-profit organization, progressing from a casual supporter to a more active participant, potentially taking on greater responsibilities like volunteering, donating larger amounts, or even joining the leadership team, essentially climbing through different levels of engagement with the organization, much like climbing a ladder with each rung representing a higher level of contribution. Is this you? Would you like to move up the non-profit organizational ladder with the Women of Today? Please contact me cob@uswomenoftoday.org and I can help you with this journey.

I have started the journey to fill the USWT board for 2025-2026 and looking for a bid contract for Annual 2026 so if your chapter or state would like to host please reach out and if you have questions I can always reach out to chapters and state that have hosted in the past for questions.

I hope everyone has a safe Merry Christmas and a Happy New Year!





USWT YEAR END CONVENTION

June 13 – 14, 2025

Radisson Duluth Harborview

505 West Superior St.

Duluth, MN 55802

Greetings from Duluth, MN!

Wow! Here we are in December and Christmas is fast approaching! Congratulations to the committee who planned the Mid-Year Convention, mission accomplished – everyone had Bushels of Fun!

And now the ball is in our court. The Duluth Chapter is looking forward to hosting the United States Women of Today Year End Convention at the Radisson Duluth Harborview on Friday, June 13 and Saturday, June 14, 2025. Our theme is simple, **Celebrate!** One word is all we need when we are celebrating 40 years of U.S. Women of Today! Yes, I said Forty (40) years!

Our registration form is complete, and you can find it on the website at uswomenoftoday.org

When you call to reserve your room, mention Women of Today to get the convention rate of \$139.00 per night. Rooms will sleep 1 – 4 people with either two (2) queen beds or a king bed.

For those who can come early and arrive in the afternoon of Thursday, June 12th, we are planning a one-hour cruise out on Lake Superior. The cost is \$25 per person. Leave the reports, the motions, and bylaws on shore and take a cruise on the largest of the Great Lakes. Leave your cares behind as you enjoy the beauty that surrounds you! Remember, this is on a first come first serve basis. The fee is non-refundable except if for some reason the cruise is cancelled, then all monies will be refunded.

Sincerely,

Sharon Bergquist
Duluth Women of Today
Chair USWT YE Convention 2025

Char Ostenberg
Duluth Women of Today
Co-Chair

Celebrate!

United States Women of Today Year End Convention

40 Years of Friendship and Support

Radisson Duluth Harborview

505 W Superior St

June 13 - 14, 2025

(218) 481-1185

Duluth, MN 55805

REGISTRATION FORM

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____

WT MEMBER _____ GUEST _____ FIRST TIMER _____ HOME CHAPTER _____ STATE _____

ARRIVAL DATE _____ MEANS of TRANSPORTATION: _____

If by air: Airline _____ Flight # _____ ETA _____ Will you need pickup Y / N _____

Sunday Departure Time: _____ (If you need pickup or a ride to the airport we can arrange that for you)

Saturday Menu: Luncheon -- Baked Potato Bar

Banquet - Choose One:

_____ *Champagne Chicken*

Grilled chicken breasts with
mushroom champagne sauce,
served with mashed potatoes
and seasonal vegetables

_____ *Baked Salmon*

Topped with sweet honey garlic glaze
served with mashed potatoes and
seasonal vegetables

_____ *Vegetarian Option:*

Fettuccini Alfredo

Dietary Restriction _____

ROOM RESERVATIONS ARE YOUR RESPONSIBILITY! CALL (218) 481-1185 BY **MAY 12, 2025**

MENTION WOMEN OF TODAY FOR CONVENTION RATE:

\$139.00 per Night 1 – 4 people

Rooms have 2 (two) queen beds or 1 (one) king bed

CONVENTION REGISTRATION:

FULL

\$120

ADVANCE

LATE (after May 12, 2025)

\$130

Full registration includes Friday Night Party, and ALL of Saturday. **(The Cruise on Thursday is optional)**

Friday Night Party

\$25

\$25

VISTA CRUISE \$25

Saturday Forums/Meetings

\$25

\$25

Thursday afternoon TBD

Saturday Luncheon

\$25

\$30

non-refundable unless

Saturday Banquet

\$45

\$50

cruise is cancelled

SATURDAY ONLY

\$95

\$105

(first come, first served)

TOTAL CONVENTION _____ + Cruise _____ = _____

TO ALL ATTENDEES: OUTSIDE FOOD AND BEVERAGES ARE NOT ALLOWED IN CONVENTION FACILITIES

Make checks or money orders payable to Duluth Women of Today

Mail registration to: USWT Convention
c/o Duluth Women of Today
P.O. Box 16756 Duluth, MN 55816

Any questions contact:

Sharon Bergquist 218-390-4720 bergq72@gmail.com or

Char Ostenberg 218-591-7202 charandbob315@charter.net



Parliamentarian Today's Leader

Michelle McGowan CONTACT: parli@uswomenoftoday.org

Hi Women of Today Members!

I hope you all had a safe, wonderful, stress-free time with your families and friends. It's hard to believe this year is more than half over. It has been such a pleasure serving as the USWT Parliamentarian so far this year.

The USWT Bylaw and Policy Review Zoom meeting was held November 6. We have four bylaws and five policies that will be voted on at National Year End Meeting in Duluth.

BYLAWS AND YOUR STATE/CHAPTER ELECTIONS!

Leadership is always an important aspect of an organization's success. But remember it's not the title that gives someone power - a person holding a leadership position only has the power that is given to that position as stated in the bylaws. Be sure to remind those members that are interested in a leadership role in your state/chapter to review the bylaws and policies to see what duties and responsibilities are outlined there. They are responsible for performing those duties, whether the person who held the office before them did or not. A suggestion would be to hand out or place in the newsletter that section of the bylaws.

Before you begin the nomination and election process you NEED to check your state/chapter/district bylaws. There are rules regulating your elections and nominations in the bylaws and you MUST follow them.

WHO NOMINATES AND HOW DO YOU DO IT?

A nomination is a formal proposal to the voting body in an election to fill an office or position, suggesting a particular person as the one who should be elected. Common methods of nominations are:

- Nominations by a committee Nominations from the floor
- Nominations by the chair Nomination by ballot
- Nominations by mail Nomination by petition

Nominations by committee and from the floor are the most common methods. They are usually done in connection with each other. The nominating committee first gives its report and then the presiding officer asks for nominations from the floor.

Nominating Committee

Candidates for offices may be selected by a nominating committee. The committee should consider nominees who have demonstrated the abilities to handle the jobs for which they are nominated. Most state/chapter/district bylaws list special qualifications for office holders. The nominating committee may be composed of outgoing officers or senior members because they should understand the duties required of the offices. It is most common to include the Past President and two other members from your chapter. Refer to your state/chapter/district bylaws.

Nomination Process

When the nominating committee is called for its report, the chairman rises and says, "Ms. President, the nominating committee submits the following nominations. For President, Mary A., For Vice President, Sally M. etc."

Nominations do not require a second. As the nomination is made, the chairman repeats it and the secretary records it. It is not necessary to accept the report of the nominating committee. Nominations made by a committee are treated just as if made by members from the floor. The chairman must inquire if there are any further nominations. No member may nominate more than one candidate for each office.

It is not necessary to have a motion to close nominations when only one name for an office is suggested. Two calls for additional nominations should be sufficient to ensure that all who wish to make nominations have had an opportunity to do so. If no additional names are suggested for an office, the chairman may announce, "The nominations are closed, and we shall proceed with the election."

A motion to close the nominations may be made if the list of candidates is getting too long. It is not debatable and requires a two-thirds vote to pass.

Prior to voting but following the formal closing of nominations, nominations may be reopened by a motion, which requires only a majority to carry.

Voting on Nominations

If all nominations are completed at once, you can use a single ballot to vote for all offices, this is a faster ballot vote than doing each office separately.

The tellers then tally the votes and the results are given to the chair to announce. If there is an office where there was no majority, the chair announces "no election" and another ballot is done. For offices where a majority was won, the chair announces the winner. Balloting continues until someone has won the majority of votes.

The motions are listed below that will be voted on at Annual 2025:

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.





January 2025

*Shine a
Light on
Finances*

Bonnie Waller
USWT Treasurer
treasurer@uswomenoftoday.org
Website:
www.uswomenoftoday.org

Howdy Treasurers,

Thank you to everyone who helped make the gourmet popcorn fundraiser a huge success. We raised \$1,000 for USWT ways and means!!

Third Trimester Challenges:

1. Hold a Ways and Means fundraiser. Send me a description of the fundraiser, summary of its success and how much money was raised.
2. Donate \$25 or more to USWT Ways and Means. All states/chapters/individuals donating will be entered into a drawing at yearend.

Due to me by May 1st.



Shine a Light on Finances

Speaking of fundraising, there are five things that will make a fundraising project successful:

1. **Chairperson**
Every project needs one person (or two) to be responsible for the project committee and for reports to the organization. The chairperson coordinates the project schedule and fills in jobs that have not been covered by committee members or general members. The chairperson usually reports to an officer of the organization, for example, a ways & means vice president, internal vice president, or president.
2. **Committee**
The committee meets at times designated by the chairperson and discusses the progress of the project. In many projects, committee members take sub-chair positions; therefore, they are responsible for a portion of the project like food, publicity, decorations, etc.
3. **Budget**
If you do not have a budget for a project, it is easy to spend more than you receive. Especially in a fundraiser for the chapter, the lower the costs, the more income for the chapter or for community donations. The budget should be as detailed as possible, including all expense categories for the project: copies, publicity, stationery, entertainment, supplies, decorations, food, etc. The chairperson is responsible for keeping all committee members and the project on budget.
4. **Communication**
It is important to keep members informed of committee activities. Newsletter articles, fliers, sign-ups, and reports at meetings are all especially important. The more members know, the more they may be willing to volunteer for the project.
5. **Publicity**
Most fundraiser projects cannot be successful unless there is a good public relations campaign. For large projects, publicity sub-chair(s) usually oversee(s) the project.



Mary Hansen – USWT Secretary
2024-2025
secretary@uswomenoftoday.org

Hello to everyone!

My how fast the year is going by. As we enter this last trimester, we need to balance work on completing our yearly goals with preparing to pass along what we have learned to prepare someone else to take over our position.

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

Newsletter Editor Training

An informed member is more likely to be an active member. A newsletter can be a great device not only for your members, but as a public relations tool as well.

Some newsletter tips:

- Include a calendar of events
 - New member welcome
 - Member personals
- Introduction of officers
 - Project reports
- Dates & locations of meetings
- Article about state & national programming areas
 - Humor in good taste
 - Pictures

Don't overload the pages and, for personal safety, do not include member's personal information such as home address, phone number or birthdate if your newsletter will be published on your website or distributed outside your chapter.



United States Women of Today 2024-2025 Golden Star Award

As we strive to make a difference in our communities, there are many individuals who offer their continued support to our organization. This year, I would like to recognize those individuals who help us achieve our goals and encourage our members and chapters. These individuals could be a spouse, relative, or a local business that has been especially helpful to your chapter or our organization. The recognition can be for any type of project - local, state, or national.

This award is for non-members only.

Fill in the information below explaining why you feel this person, company, or organization deserves this award.

Name of Person Nominating: _____

Chapter/State: _____

Mailing Address: _____

Phone: _____ Email: _____

I would like to nominate: _____

who is _____ for the "Golden Star" award because:

(relationship to chapter/state/national)

(Use the back of this form if you need more room)

Send or email form to: Jane Hanson
31078 790th Avenue
Madelia MN 56062
president@uswomenoftoday.org
uswt2425presjane@gmail.com



Chapter Wellness

The very spirit of our organization depends on our chapter membership. The strength of a chapter is determined by the attendance and participation of its members and continued membership growth. This requires each member's dedication, willingness to work and attention to the development of friendships with all members, plus a strong commitment to seeking out new members. Here are a few things **YOU** can do to help your chapter maintain an active, growing, enthusiastic membership:

1. Attend meetings regularly! Arrive promptly so the meeting can start on time.
2. Say "YES" to being an officer so leadership does not fall on too few.
3. Present names or bring a guest(s) for membership! This will allow the guest a chance to meet the chapter and can be introduced to the chapter projects.
4. Offer to be a mentor to a new member! Offer her/him a ride to a meeting, sit next to them at meetings to help them get acquainted.
5. I can call inactive members, offer them a ride or just check in.
6. I can offer TLC to a member in need.
7. Attend national convention, state convention, district meetings, area meetings, plan a Founder's Day event and encourage others to join me.
8. I can always be alert for women to join our chapter/organization.
9. I can help with special interest group(s) within my chapter such as book club, walking group, lunch bunches, etc.
10. Be Enthusiastic. . . it is contagious!

Follow, like and share Women of Today official accounts on:

Facebook at: United States Women of Today; USWT Administration; USWT Membership Page; USWT Programming

For the second trimester, I challenged all Chapters to help us grow by 40 new members between October and November. The chapters that signed a new member and submit the new member(s) through the USWT website link will receive an invite to a spectacular **FALL COLORS** zoom celebration on **January 30 at 6:30pm CST** to celebrate your success and President Jane's birthday! Thank you for helping to meet this and exceed 40 new members.

I also offered weekly deals in December to encourage growth, and I am happy to share that you have met this challenge and have flooded my email inbox with so many new names!!

January's focus will be on the STEP program. STEP is Success through Enthusiastic Participation. Each STEP is designed for each level of membership.

STEP 1 is to promote the orientation and activation of the new member. All steps of the program must be completed during the members first 120 days (date from when dues are paid).

STEP 2 is for the member who has been a member for 12 months or less. By participating in this program, the member will become activated on all levels of the organization. All mandatory requirements and four optional requirements within 30 days of the completion of the program. It is not necessary to complete STEP 1 to complete STEP 2.

STEP 3 is for the member who has been a member for one (1) to five (5) years, and any past member in good standing that leaves the organization for any length of time and then rejoins the organization at a later date. This program is for continual activation of those members in all areas of the organization.

STEP 4 is for the member who has been a member for six (6) years or more, and for any past member in good standing that leaves the organization for any length of time and then rejoins the organization at a later date. This program is for continual activation of those members in all areas of the organization.

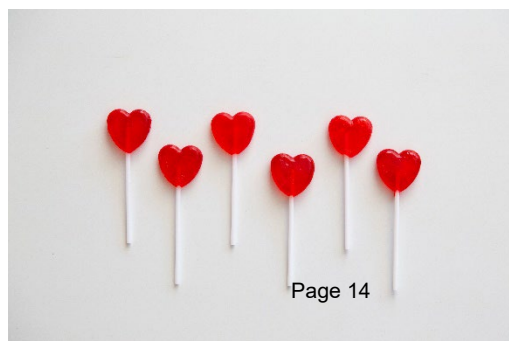
Copies of each STEP is attached and available on the USWT website under "Member Resources tab". There are two options: PDF Download of all Certifications or each STEP has an electronic submission option.

CHALLENGE for January 2025

The Chapter and State that submit the most STEP certifications in January 2025 will earn a \$10 giftcard for Target. In the event of a tie, the names will be placed in a basket and I will have President Jane draw the winners.

This will also be posted on the USWT Membership Facebook page.

Challenge for February 2025 will be a "sweetheart" of a deal. Watch the USWT Membership Facebook page for details!!





United States Women of Today

STEP I

SUCCESS THROUGH ENTHUSIASTIC PARTICIPATION

STEP I is designed to promote the orientation and activation of the new member. All steps of the program must be completed during the member's **first 120 days** (date from when dues are paid). By participating in the required activities, the new member becomes familiar with all levels of the organization. To certify in STEP I the individual must complete all of the mandatory requirements and two of the optional requirements. The certification form should be sent to the State Contact within 30 days of the completion of the program. REMEMBER THESE REQUIREMENTS MUST BE COMPLETED WITHIN THE FIRST 120 DAYS OF JOINING THE LOCAL CHAPTER.

Name _____ Date Joined _____ Date Certified _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Chapter _____ State _____

MANDATORY REQUIREMENTS - Please record the date of completion.

Introduce yourself at your local meeting as a member Date _____

Attend an orientation and/or local membership meeting Date _____

Attend a chapter social or project (circle one) Date _____

OPTIONAL REQUIREMENTS - complete two of the following and please record the date of completion.

Submit an idea for a new project (idea) _____ Date _____

Visit another chapter and/or attend a state meeting (circle one) Date _____

Bring a prospective member to a local membership meeting
(Name) _____ Date _____

Participate in a Domestic Violence Awareness activity Date _____

Join a Women of Today Face book page Date _____

Know and recite your, State or USWT Creed (circle one) Date _____



United States Women of Today

STEP II

SUCCESS THROUGH ENTHUSIASTIC PARTICIPATION

STEP II is designed for the member who has been a member for **12 months or less**. By participating in this program the member will become activated on all levels of the organization. To certify in STEP II, the member must complete all of the mandatory requirements and four of the optional requirements. The certification form should be sent to the State Contact within 30 days of the completion of the program. {It is not necessary to complete STEP I to complete STEP II}

Name _____ Date Joined _____ Date Certified _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Chapter _____ State _____

MANDATORY REQUIREMENTS - Please record the date of completion.

Know and recite the USWT Creed Date _____

Bring a prospective member to a meeting or event
(Name) _____ Date _____

Certify in Wellness and Personal Development Date _____

Participate in a Domestic Violence Awareness project Date _____

OPTIONAL REQUIREMENTS - Complete four of the following and please record the date of completion.

Sign a new member (Name) _____ Date _____

Attend another chapter, district, regional, state or national business meeting
(circle one) Date _____

Give a report at a meeting (Type) _____ Date _____

Join a Women of Today Facebook page Date _____

Give an invocation, benediction, lead the Pledge of Allegiance or the creed
at any USWT function (circle one) Date _____

Write an article for the local newsletter or community newspaper for publication
(circle one) Date _____

Attend a Women of Today social Date _____

Participate in a local Women of Today project (type) _____ Date _____

Participate in the National President's Challenge Date _____

Create a Women of Today You Tube video (topic) _____ Date _____



United States Women of Today

STEP III

SUCCESS THROUGH ENTHUSIASTIC PARTICIPATION

STEP III is designed for the member who has been a member for 1 to 5 years and for any past member in good standing that leaves the organization for any length of time and then rejoins the organization at a later date. This program is for continual activation of those members in all areas of the organization. To certify in STEP III, the member must complete all of the mandatory requirements and eight of the optional requirements. This can only be completed once per year. The certification form should be sent to your state contact by April 30th.

MANDATORY REQUIREMENTS

Know and recite the USWT Creed	Date: _____
Sign a new member (Name): _____	Date: _____
Certify in Wellness and Personal Development or participate in a Domestic Violence Awareness project (circle one)	Date: _____
Attend another chapter, district, regional, state or national business meeting or state committee meeting (circle one)	Date: _____
Serve as a local officer or committee chair	Date: _____
Participate in a local Ways and Means project (project) _____	Date: _____

OPTIONAL REQUIREMENTS – complete eight of the following and please record the date of completion

Certify in Wellness and Personal Development or participate in a Domestic Violence Awareness project (in addition to the mandatory requirement) (circle one)	Date: _____
Attend another chapter, district, regional, state or national business meeting or state committee meeting (in addition to the mandatory requirement) (circle one)	Date: _____
Participate in a state or national Ways and Means project	Date: _____
Attend a forum at a local, state or national meeting (circle one)	Date: _____
Give a report at a meeting (type) _____	Date: _____
Bring an additional prospective member (Name) _____	Date: _____
Chair or Co-Chair a Membership Night (circle one)	Date: _____
Attend a USWT Midyear or Annual Convention (circle one)	Date: _____
Create and/or maintain a webpage or FaceBook page	Date: _____
Speak at a function on behalf of Women of Today	Date: _____
Reactivate a member or participate in an extension (Name) _____	Date: _____
Participate in Women of Today Week or Volunteer Recognition Week (circle one)	Date: _____
Participate in a state and/or national competition (circle one)	Date: _____
Serve as a state or national officer (position) _____	Date: _____
Complete the Outstanding Achievement in Programming (OAP)	Date: _____
Participate in a local or state external foundation activity (Foundation) _____	Date: _____
Participate in the National President's Challenge	Date: _____
Create a Women of Today You Tube Video (topic) _____	Date: _____



United States Women of Today

STEP IV

SUCCESS THROUGH ENTHUSIASTIC PARTICIPATION

STEP IV is designed for the member who has been a member for 6 years or more and for any past member in good standing that leaves the organization for any length of time and then rejoins the organization at a later date. This program is for continual activation of those members in all areas of the organization. To certify in STEP IV, the member must complete all of the mandatory requirements and eight of the optional requirements. This can only be completed once per year. The certification form should be sent to your state contact by April 30th.

MANDATORY REQUIREMENTS

- | | |
|--|-------------|
| Know and recite the USWT Creed | Date: _____ |
| Sign a new member (Name): _____ | Date: _____ |
| Participate in Women of Today Week or Volunteer Recognition Week (circle one) | Date: _____ |
| Present or organize a training/forum at a Women of Today function (topic) _____ | Date: _____ |
| Certify in Wellness and Personal Development or participate in a Domestic Violence Awareness project (circle one) | Date: _____ |
| Attend another chapter, district, regional, state or national business meeting or state committee meeting (circle one) | Date: _____ |
| Chair a local project (project) _____ | Date: _____ |
| Participate in a local Ways and Means project (project) _____ | Date: _____ |
| Chair or co-chair a chapter Membership night or social | Date: _____ |
| Participate in the National President's Challenge | Date: _____ |

OPTIONAL REQUIREMENTS – complete eight of the following and please record the date of completion

- | | |
|--|-------------|
| Serve as a mentor to a new member (Name) _____ | Date: _____ |
| Speak at a function on behalf of Women of Today | Date: _____ |
| Bring an additional prospective member (Name) _____ | Date: _____ |
| Participate in a state or national Ways and Means project | Date: _____ |
| Reactivate a member or participate in an extension (Name) _____ | Date: _____ |
| Participate in a local or state external foundation activity (Foundation) _____ | Date: _____ |
| Participate in a state and/or national competition (circle one) | Date: _____ |
| Create and/or maintain a webpage or FaceBook page | Date: _____ |
| Give a report at a meeting (type) _____ | Date: _____ |
| Create a Women of Today You Tube Video (topic) _____ | Date: _____ |
| Serve as a state or national officer (position) _____ | Date: _____ |
| Write an article for your community newspaper | Date: _____ |
| Attend a USWT Midyear or Annual Convention | Date: _____ |
| Participate in a USWT function other than above, i.e. Founders Day, etc (activity) _____ | Date: _____ |

Jenise Teske
Extensions Director

Contact Information
extensions@uswomenoftoday.org

Reaching Out



Hello Women of Today members,

Can you believe we have breezed through two trimesters already? So many successes and growth have happened. Minnesota chartered a new chapter, the Iron Range Women of Today in the Hibbing/Virginia area in October. And there are efforts being made to extend a new chapter in the Dassel/Cokato communities of Minnesota. Congratulations to the teams working hard with those areas to generate excitement and growth of membership!

I am looking for new communities to start new chapters and I NEED YOUR ASSISTANCE! Giving the Membership team leads for new extensions does not necessarily mean you are automatically saying you will be on the team to do the legwork. You are our eyes and ears out there to know where geographically it would be a good place to explore. You know where new developments are rising, where new possibilities are coming to fruition for doing an extension, communities where former members or family members have moved and now have no chapter to be part of. Give me or a Membership team member a name of a community and we can brainstorm together to come up with a plan. No long-term commitment is necessary, just ideas for exploration.

Another option for finding new communities for extensions is to collaborate with neighboring chapters who have had success in recruiting new members. You can share ideas on public relations, ways to draw in new members, events to attract prospective members. Ask your new members for ideas on where they feel new chapters could flourish.

I plan to have another Extensions Committee Zoom meeting in February to do some brainstorming so if you are interested in sharing ideas, let me know so I can send you an invitation. Stay tuned for time and date.

Keep Reaching Out!

In friendship,

Jenise



Cindy Golbuff – PUBLIC RELATIONS DIRECTOR
“B the Buzz PR”
CONTACT: pr@uswomenoftoday.org
January 2025- TL

Happy New Year and Welcome to 2025!

I hope you all were able to relax and enjoy your friends and family during the holiday season. I know all chapters were busy doing wonderful projects to help their community. Continue to post on social media and throughout your communities making them aware of the impact you are making across the United States.

Now, it's time to get back into the Women of Today swing with the start of the third trimester of our year. Review your goals to evaluate where you are and what you have accomplished already and make changes as needed. I will be working to try to achieve all of my goals before the end of the WT year. We can achieve so much in our 3rd trimester. Let's finish strong!

As we look at our goals, it is also time to look at what we want to do next year. I hope you plan to continue to share your leadership with Women of Today, be it on the local, state or national level. You are Needed to help the organization grown and strengthen!

As we begin this 2025 year, I wish you success and happiness in the New Year. I hope you are surrounded by family, friends and good health. Please reach out to me if there is anything I can do to help out. Hope to see many of you in Duluth for Year-End convention.

Cindy Golbuff

There is much information and helpful hints on the USWT Administration Facebook page. [USWT Administration | Facebook](#) Are you a member of this FB page? If you haven't already joined/follow this page, please do so. I offered a fb challenge to reach 275 members by 12/31st on the USWT Admin Facebook page. ***I am extending it to 1/31/25. All 70 new members joining the page will be entered into a drawing for an amazing amazon gift card.***

Shout Out with Public Relations Form: Make sure you turn in the form again for Tri 2 to be recognized with a larger certificate. The form should reflect any activities for **Women of Today Week &/or Make a Difference Day** and submitted to me by **January 5, 2025**. There is an incentive for those that complete it for Tri 2.

3rd Trimester Challenges:

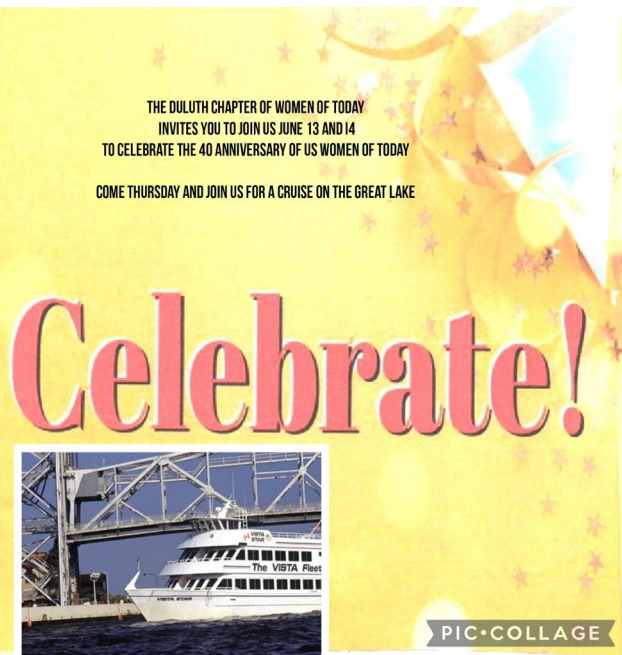


Volunteer Week/Random Act of Kindness Day. Send in or email by 5/5/25. Shout out with Public Relations form for an incentive. This form is used each trimester to celebrate your chapter's Public Relations activities. Click below to fill out the form:

[**EmailMe Form - USWT Shout Out with Public Relations Participation**](#)



Bucket of Sunshine Project report: Looking for 15 chapters to share/submit their BOS project by May 15. All submissions will be entered into a gift drawing.



THE DULUTH CHAPTER OF WOMEN OF TODAY
INVITES YOU TO JOIN US JUNE 13 AND 14
TO CELEBRATE THE 40 ANNIVERSARY OF US WOMEN OF TODAY

COME THURSDAY AND JOIN US FOR A CRUISE ON THE GREAT LAKE

Celebrate!

PIC-COLLAGES

As we are preparing to celebrate our 40th anniversary in June 2025, I hope that you too find our history inspiring and have an opportunity to reflect on what has gone before us and just how bright the future of USWT will be!

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](https://www.uswomenoftoday.org/conventions)

Would you like to go on a cruise on a sunny warm day in June? 🚢☀️ Register today for a cruise on the Great Lake.



Scavenger Hunt: Go to the USWT website under PR Director page. Look at the USWT PR examples. Email me: pr@uswomenoftoday.org and let me know what is the PR sample on page 25 and if you have used it before. Respond by 1/31/2025. Incentives for all responding

What is your chapter doing to share the wonderful work that USWT is doing in your community? Do you need help with writing a press release and/or article for the local paper? Are you using the wonderful PR flyer that was introduced last year? Please reach out to me with any requests, I am happy to help.

Make sure you turn in the Shout Out with Public Relations form again for Tri 3 to be recognized with a larger certificate. The form should reflect any activities for Volunteer Week/Random Act of Kindness Day and should be submitted to me by May 5, 2025. I might even add a special gift for those that complete Tri 3.



The organization that the Duluth WT chapter selected for the Buckets of Sunshine for Year End 2025 is Safe Haven Shelter. Early December, there was a Facebook posting with some information. Look to the USWT Facebook pages after the beginning of the year for additional information. Please share with your chapters. Watch for these posts and then follow the USWT Year-End 2024 Facebook for the latest updates, challenges and fun!



Lisa Hahn Programming Vice President
pvp@uswomenoftoday.org

Hello to All,

My goodness, you are knocking my socks off with all the Community Connection Reports that were sent in for the second trimester. I can't wait to hand out all the certificates in June. I'm looking forward to receiving many more for the third trimester.

I want to continue to encourage you to send in your Project Library report forms. I did not receive many second trimester. See my incentive below in the orange box.

My 3rd Trimester Challenge: FOOD DRIVE-Deadline April 30th 2025

With the Thanksgiving and Christmas holidays over, many of our local food pantries are bare. The need was so great this past year that our local Salvation Army started Bell ringing early. I can only assume the same can be said for many of your local food pantries as well. Therefore, my challenge for this trimester is to either raise funds for your local food pantries or hold a food drive. You could make it as simple as having your chapter members drop off food items or hold a community wide food drive, or you could deliver food baskets to local families in need. The options are limitless. Send me an Email by May 1st to let me know what you did. We would love to see your pictures as well on Facebook.

JANUARY EMPHASIS MONTH

PROJECT RECOGNITION

WELLNESS & PERSONALL DEVELOPMENT

The new form is on our **new website**.

INCENTIVE:

For everyone that sends in a **Project Library** form, you will **EACH** receive an incentive at Year End convention in JUNE.

PROJECT LIBRARY

The USWT Project Library is an opportunity for chapters and states to share project ideas with other chapters and states.

There are 5 sections to submit a project to.

- 1. Internal**
- 2. Ways and Means**
- 3. Community Involvement-fundraising**
- 4. Community Involvement- non-fundraising**
- 5. Chapter Publications**

My goal is to receive 5 new project submissions each trimester.



Dawn Nissen
USWT DVA Program Manager
dva@uswomenoftoday.org

Teen Dating Awareness Month

Dating violence is more common than you may think, especially among teens and young adults: 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults. And nearly half (43%) of U.S. college women report experiencing violent or abusive dating behaviors.

Each February, young adults and their loved ones nationwide raise awareness about teen dating violence through Teen Dating Violence Awareness Month (TDVAM). This annual, month-long effort focuses on advocacy and education to stop dating abuse before it starts.

Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse isn't also dating violence; we simply recognize that dating violence tends to involve a series of abusive behaviors over a course of time.

TYPES OF ABUSE

- Physical Abuse
- Emotional & Verbal Abuse
- Sexual Abuse
- Financial Abuse
- Digital Abuse
- Stalking

CHALLENGE ALERT:

February 5
wear orange and help promote
teen dating violence
awareness. Post your pictures
on the USWT Programming
Facebook page and you will be
recognized at year end.

Purple Thursday Contest

The 3rd 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. Each time you post your picture, your name will go into a drawing for Year End.

We will be having a DVA (Domestic Violence Awareness) Luminary Walk at USWT Year End Convention in Duluth, MN. This walk brings light to the darkness of domestic violence. Each luminary bag cost \$5.00. You can decorate yourself or have me do it for you. Bags will be available at Year End Conventions.



WPD Certifications

**Starting January a new certification challenge will begin.
Be sure to check my webpage at uswomenoftoday.org for details!**

_____ WPD CERTIFICATION TOPIC: _____

Check Your Medication, Spice Or Food Cabinet For Outdated Items And Dispose Of Them Properly

Vincent Salerno, PharmD, April 7, 2022



Have you ever opened your medicine cabinet and found something that you do not remember buying? You examine the package looking for an expiration date and find it expired two years ago.

Many of us accumulate medications and over-the-counter items for those “just in case” moments. Those medications, however, may be harmful if they are expired or taken by someone other than the person for whom they were prescribed.

There have been multiple cases where medication was taken accidentally, resulting in poisoning or overdose. Abuse of prescription drugs is the second most common form of drug abuse in America and these medications are often taken from the home of a family member.

When was the last time you cleaned out your medicine cabinet?

It is a good idea to go through your medicine cabinet every six months to remove any items that are either no longer needed or expired. Almost all of the products in your medicine cabinet, including creams, supplements, and vitamins, have an expiration date from the manufacturer. For prescription drugs, most pharmacies put a one-year expiration date on the bottle. Beyond date, medication may lose its effectiveness and can even be toxic.

What to remove from your medicine cabinet

Remove the following items from your medicine cabinet:

- anything that is beyond the expiration date
- items with any noticeable change in color/smell/taste
- prescription medications that you are no longer taking (old pain medications, antibiotics, etc.)
- unmarked items or items not in their original containers

How to get rid of old medication

Once you have removed all the unwanted items from your medicine cabinet, how do you get rid of them? The best way is to take them to an authorized disposal site. Your pharmacy may offer a safe and easy way for you to dispose of unwanted, or expired medications. Proper disposal of unused medications helps prevent drug abuse and keeps our water supply safe.

Many pharmacies also sell medication take away envelopes that include a prepaid shipping label and allow for safe medication disposal by mail.

If you are unable to get to a drug disposal site or dispose of the medication by mail, here are the steps you should take:

- Take the medication out of its original container and mix it with an undesirable substance like kitty litter or coffee grounds.
- Put the medication into a disposable container with a lid or sealable plastic bag.
- Conceal or remove any personal information on the empty containers.
- Put the sealed container or bag and the empty containers in the regular trash.

Do not flush medications

Due to environmental concerns, most drugs should not be flushed down the toilet. However, the Food and Drug Administration recommends flushing certain prescription pain medications immediately after they are no longer needed to prevent accidental ingestion or overdose. Read the label on the bottle to determine whether it should be flushed.

**Financial Challenge begins January 1st
Check out my Tri 3 SIP & all challenges on my page!**



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: _____



Greetings from your Webmaster!

We have the same website address:

www.uswomenoftoday.org

Remember: If you are attempting to access the 2024-2025 Directory you will need a password. If you would like the password contact your state president or the USWT President at president@uswomenoftoday.org.

We are working on some exciting things with the website and will be continuing to make improvements based on your feedback.

Please continue to share your comments with President Jane so we can continue to make improvements to our website. Thank you for your continued support as we continue to work to improve our site for you.

Daniel Kaiser
USWT Webmaster



Hello to All our USWT Friends!

Hope this message finds you all recouping from the holidays and getting some much deserved rest and relaxation. Illinois Women of Today chapters have been busy this fall/early winter with many service projects, socials, and other fun activities. December found our members serving their communities in ways such as Angel Tree gifts for kids, Caroling to a supportive living center, volunteering for Toys for Tots, Holiday Gift Bags for nursing home residents, Cardz for Kidz card making socials, and much, much more! Our chapters also enjoyed holiday dinners and parties to celebrate with their members and invite prospective members to join in the fun. Speaking of new members we are so excited to add 7 new members to IWT this trimester. I would be remiss if I didn't mention our excellent November All State that was hosted by our Lincoln Land Chapter in Utica, IL. We stayed in the most quaint cabins and enjoyed amazing foods prepared by the members of Lincoln Land. It was so amazing we plan to have a spring social weekend in the cabins again.

So 2025 will be a huge year for my family in that I turn 50 in January, our son turns 21 in March, Daniel turns 50 in May and our daughter will graduate high school that month as well, and our family will celebrate retirements, anniversaries, etc. I say all of this to say that I have decided to make 2025 my year of "Adventures"....so I guess in some ways my word for the year would be Adventure. So in closing, I wish you all a year filled with adventures with those you love and may the New Year be amazing like all of you are. Also looking forward to my adventure to USWT National Convention in Duluth, MN in June this year. Hope to see many of you there!

In Kindness,
Aimee Kaiser, President
Illinois Women of Today

Happy New Year Ya'll from Minnesota!

We are heading into January not so excited about the snow, but really looking forward to our 75th Anniversary celebration at our Winter State Convention January 24-25 in Burnsville. This is one of my favorite events of our year because not only do we celebrate our chapters and members, but we also recognize our Outstanding Awards honorees that are nominated by our chapters. This year we are recognizing three Outstanding Young Adults (recent high school graduates), a Women Who Impacts (makes a difference in her community) honoree, and a Person with Determination (overcomes significant obstacles to make a difference in their community).

If you have been following along on the MNWT Facebook page, you have seen COB Amy Pumper's posts counting down the last 75 years. At convention, we will have a memorabilia room to display our history as well as a celebration at the luncheon. Amy is also selling commemorative wine glasses.

In February we shift gears to our Membership Week which is the same as Random Acts of Kindness week and asking chapters to promote themselves by doing something in their community. We also continue our new initiative to hold a state orientation webinar and invite all new members from the last year to join us. And we wrap up the month with our trimester webinar. We are highlighting our long term relationship between MNWT and Camp Friendship, walking through our new mnwt.org website, and hearing from Heartstrong Minnesota, a non-profit that works to bring AED devices their community.

We want to remind you all to come and visit us in June in Duluth! Register soon for the USWT Annual Convention for a wonderful time and better weather than January.

In friendship,

Tevyan Sorensen

MNWT State President 2024-2025

president@mnwt.org

mnwt.org





Greetings from Pennsylvania



Like many of you, I cannot believe in a few days we will be ringing in another New Year. They say the older you get, the faster time flies by, but I don't think I'm that old! As we begin setting new goals for 2025, we should also take time to review our achievements from the past year. Some of our state's most memorable achievements this past year were:

We held 2 very successful State meetings where we collect around \$30,000 of needed items for the L.I.F.E. House of Berks County and \$1200 of items for Mr. Sandy Homeless Veterans Shelter of York. We were also blessed by having President Jane and 5 additional staff members attend our November meeting. Thank you for sharing your time and talents with all of us!

We ended the first trimester with 100% retention plus 6 new members. So far, this second trimester, we have signed another 4 members!

All of this and our chapters continue to be busy serving their local communities.

Our Dover chapter members collected backpack of blessings for homeless veterans, provided Thanksgiving food baskets, held their annual Santa's secret workshop, provided monthly bingo at a local nursing home and a Holiday luncheon.

The Lititz chapter provided Holiday cards for 5 local assistance living centers. Held a Holiday gathering, provided meals for several local fire victims as well as Christmas gifts for 3 local families

The Northeastern chapter's holiday projects include providing cookies and hot chocolate for their annual Christmas on the square, a chapter Holiday dinner, monthly craft day for a local assistance living center and Christmas baskets for 5 local families.

The Womelsdorf chapter donated food to families at Thanksgiving, held their annual Santa on the firetruck, went Christmas caroling and will be holding their annual after the holiday Murder Mystery dinner.