

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."

We had a great gathering in Omaha, NE. Thank you to the Fremont and Lincoln chapters and all the NE members for a great convention. The staff worked hard to bring new things to the membership and I hope you enjoyed the weekend and learned some new things.

The exciting news is that we finished the first trimester with 83% retention and GROWTH PLUS 3! Let's keep that excitement going and continue to work to move this organization forward. We also donated \$275 to my focus this year; [breastcancer.org](https://www.breastcancer.org) and \$866 in kind and cash donations for the Food Bank for the Heartland.



To celebrate our 40th Anniversary, MVP Shellie is challenging us to sign 40 members in October and November. Make sure you send those members in by November 30th. When we meet this challenge, all chapters signing new members will be invited to a Zoom Fall Color Party on Jan. 30th at 6:30 CST with MVP Shellie and President Jane.

The window is back open for ordering "I Make the Difference" shirts until December 1st. See the flyer in this newsletter.

Upcoming highlights to help you have a "Colorful Year":

- ❖ Monthly Conversation Zoom Meeting
 - ✓ Each month will be a 30-40 minute conversation on different topics.
 - ✓ This is open to ALL members – please join us for a conversation on retention!
 - ✓ Nov. 20th – Conversation with Programming Vice President Lisa and DVA Program Manager Dawn and WPD Program Manager Shellie
 - ✓ December 5th – Find out about the USWT Charities and conversation with Chair of the Board

I have had the opportunity to do visits to North Dakota, Minnesota and Massachusetts and have more scheduled. I love to hear all the wonderful impacts that you are all making in your communities and with each other. Keep up the good work...you are all certainly "Making a Colorful Difference".



In WT Friendship,
Jane Hanson

NOVEMBER	
Emphasis	Parliamentarian, Wellness and Personal Development
1	New Member adds postmarked to the Membership VP Dimensions of Wellness Social Challenge Begins
5	Monthly Reports due to USWT President
6	Bylaw and Policy review
10	POPUS popcorn Ways and Mean Fundraiser begins
15	Midyear evaluations due to USWT President
16	Last Day to order popcorn from POPUS Popcorn
20	Conversation with Programming Vice President Lisa and DVA Program Manager Dawn and WPD Program Manager Shellie
21	Future Directions Meeting Purple Thursday
30	Send in New Member Adds for Fall Color Promotion
DECEMBER	
Emphasis	Membership
1	New Member adds postmarked to the Membership VP
5	Monthly Reports due to USWT President Find out about the USWT Charities and conversation with Chair of the Board
15	Today's Leader article due to supervising officer
20	Today's Leader article due to USWT President and Secretary
21	Third trimester SIP due to supervising officer
31	3 rd Trimester SIP to be sent out to State contacts 2 nd Trimester Challenges and Certifications due Dimensions of Wellness Social Challenge Ends
JANUARY	2025
Emphasis	Wellness and Personal Development, Project Recognition
2	Second trimester renewals and New Member adds postmarked to the Membership VP
5	Monthly Reports due to USWT President
12	State President Zoom Meeting
31	Golden Star Award Community Recognition due to USWT President

Staff Highlights: Click on the page number to jump to the page indicated

Chairman of the Board:

- [USWT Year- End Convention Registration – Page 5](#)

Parliamentarian:

- [By-law and Policy Review – Page 6](#)

Treasurer:

- [President Jane Shirt order form – Page 9](#)

Webmaster:

- [Announcement regarding new website and password for directory - Page 10](#)

Secretary:

- [Secretary General Duties– Page 11](#)
- [Golden Star Award form – Page 12](#)

Membership:

- [Talking about Women of Today – Page 13](#)

Extensions:

- [New Chapter Announcement – Page 17](#)

Public Relations:

- [2nd Trimester Challenge – Page 18](#)

Programming:

- [Project Library – Page 20](#)

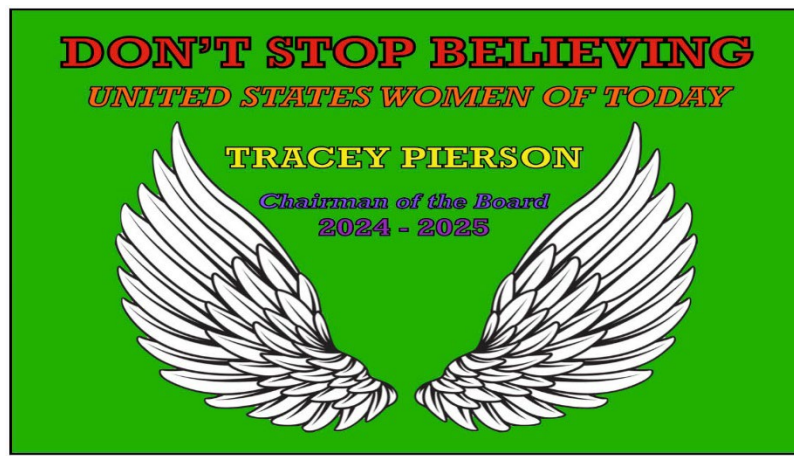
DVA Program Manager:

- [Purple Thursday and Luminary Walk Info – Page 22](#)

WPD Program Manager:

- [New WPD Certification Form – Page 24](#)





I cannot thank everyone enough for attending the Future Directions meeting at the Midyear convention our next meeting is on November 21 @ 6:30. A job well done to USWT 24-2staff, and I cannot wait to Celebrate our 40th year in Duluth, MN in June.

Congratulations to Massachusetts for the Midyear 2025 bid, I can't wait to travel there!!

Next up, 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

We will start to finish up the membership, PR and extensions manuals and start on Secretary, Treasurer and Parliamentarian.

Tracey Pierson

USWT President 2023-2024

40th Anniversary t shirts www.companycasuals.com/WOTAnniversary is the link for t-shirts sales, end November 30th, we will have a second order in March for yearend



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 Hehr "Amazing History - Incredible Future" 2004-2005
 Brenda S. Almonoy "Blending 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 Farn "Building Our Future" 2011-2012
 Maxine Turner "Reach for the Stars" 2012-2013
 Cindy Urlacher "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 "Image, Create, Inspire" 2017-2018
 Laura Gaylord "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

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!

The holiday season is coming up fast. We're all about to get busier than the past few months, so take time to spoil yourself. My wish for you this holiday season is to have a safe, wonderful, stress-free time with your families.

The USWT Bylaw and Policy Review Zoom meeting is on November 6 at 6:30 pm Central Time. This is 7:30 pm Eastern Time, 5:30 pm Mountain time and 4:30 pm Pacific Time. If you want to make sure you get the login information, send me your email address. Otherwise, we'll send to the Board of Directors, State Presidents and the State Parliamentarian contacts. This meeting is open to all that would like to attend, I would like to see a lot of participation.

If you have any suggestions for changes, please send them to me at parli@uswomenoftoday.org so I can have them typed up and ready for the meeting.

Here are the different Types of Votes for Parliamentary Procedure:

- Majority* - More than half of the votes cast by persons entitled to vote, excluding blanks or abstentions. Whenever a majority vote of the membership is taken, it shall mean of the quorum present.
- Two-Thirds – two-thirds of the votes cast by persons entitled to vote excluding abstentions. Whenever a two-thirds vote of the membership is required, it shall mean of the entire membership whether voting or not.
- Majority of Entire Membership – a majority of the total number of those who are members of the voting body at the time of the vote.

Note: A majority vote is different than a plurality vote, which is the largest number of votes (which may be less than a majority) when there are three or more alternatives. Under Robert's Rules of Order, a plurality vote is not sufficient. Re-vote to achieve a majority. Plurality is easiest explained by using elections as an example: *Gabriel won the plurality for school vice president with 40 percent of votes while Kiara came in with 35 percent and Carl with 25 percent. If Gabriel had received 54%, he would both the majority and plurality

Voting methods:

1. Voice Vote
2. Standing Vote
3. Show of Hands Vote
4. Counted Vote
5. Ballot Vote



**percent. If
have received**



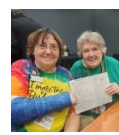
November 2024

*Shine a
Light on
Finances*

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

Howdy Treasurers,

Congratulations to Michele Thompson (IA) and Diane Grant (MN) for winning the Trivia contest at midyear. It was a nail biter at the end when it took 4 tie breaker questions to declare the winning team.



Online gourmet popcorn W & M fundraiser – 7 days only – November 10 thru 16

Who doesn't like popcorn? Need a holiday gift for your child's teacher? How about those hard to buy for friends or relatives? Gourmet popcorn is a wonderful option. Or get a few bags for your own consumption.

There is no upfront cost or any money to collect. USWT will make 50% profit on all sales.

How it works:

Popus Gourmet
Popcorn



The link to the fundraiser will be posted online on USWT and State websites and Facebook pages. You can share this link with your family and friends via social media, email, text etc.

Your family and friends then click on that link, which takes them to Popus website and shows the gourmet popcorn available for purchase. This is where they will place and pay for their orders.

Popus Gourmet ships directly anywhere in the US & Canada. Shipping is added to each order and is paid by the person placing the order. To save on shipping costs, you may want to consider combining orders with chapter members, friends and/or family and have the orders shipped to one address.

Please contact me if you have questions.

2nd Trimester Challenges – I have 2 challenges for you.

1. 990Ns were due 15 October. I received confirmation of filing from several states/chapters. It is not too late . All you need to do is email me a copy of your filed 990N. Same copy that you saved for your state/chapter records.
I will have an incentive for all state/chapter treasurers who send me verification.
2. Donate \$25 or more to Ways and Means. All states/chapters/individuals donating will be entered into a drawing at yearend.

Successful Fundraising at Midyear Convention

- \$ A huge THANK YOU to all who supported ways and means at midyear convention.
- \$ The Trivia Contest successfully raised \$170. Did you hear Michele Thompson and Diane Grant won the trivia contest?
- \$ The wine and beverages served before the banquet raised \$295. Special thank you to staff for donating beverages and helping.
- \$ The national store sold out of several things and raised \$650. I will be restocking and adding new items.

We are fast approaching the end of the calendar year. I wish you all a holiday season filled with love, fun, family and friends.

SUPPORT PRESIDENT JANE

Order your Shirt Today



Tie Dye Shirt
S-XL \$19
2XL – 4XL \$22



Long Sleeve
T-Shirt
S-XL \$19
2XL-6XL \$24



Sweatshirt
S-XL \$23
2XL-5XL \$30



Hooded
Sweatshirt
S-XL \$33
2XL-4XL \$40

Here is the link for ordering shirts: companycasuals.com/USWOT

When checking out, it shows to “check out with PayPal” but credit and debit cards can be used.

****THE NEXT ORDERING WINDOW CLOSSES ON DEC. 1
and those orders will be processed.**

Order and pay for your shirts on line with the above link. Shirts will be delivered by President Jane on a visitation or at Year-End Convention. If you want them shipped to you, additional shipping charges will be added.

This is also a National Fund Raiser; a portion of the profits will benefit Ways and Means.

**If you have any questions or issues, please contact President Jane at
president@uswomenoftoday.org**



Greetings from your new Webmaster!

We have the same website address: www.uswomenoftoday.org

I am so excited with the progress we have made with the re-launch of our new and improved website. We have moved away from the Google platform and have chosen a new software vendor for our website. As you may know it is a continuing work

in progress as we work to add all of the historical information to the website. President Jane and I are excited about some of the possibilities that we may be able to offer in the future with our website.

Thank you for your continued support and patience and we move this process forward.

Daniel Kaiser



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

Hello to everyone!

Conventions are an amazing way to share our Women of Today experiences and accomplishments. The Mid-year convention hosted by the Nebraska WT In Omaha was no exception. The “sharing” tables on Friday night were ABSOLUTLY FABULOUS!! I personally found it a great way for everyone to get to know others just a little bit better.

My ongoing challenge for the 2nd Trimester will be to continue to submit Meeting Minutes and Newsletters.

Mary Hansen

Secretary's General Duties

- Be the president's right hand
- ALWAYS BE ACCURATE in your recordings. As secretary you are creating the historical records of your group – who, what, where, when, why and how.
- ALWAYS BE PROMPT. Since you are keeping the minutes, it is important that you are there for the entire meeting to record all information.
- SPEAK CLEARLY – especially when reading minutes or correspondence.
- Keep an up-to-date list of members and their addresses. Always have a copy of the minutes of preceding meetings available for reference.
- Type all minutes – typewritten records are easier to read than hand-written ones.
- Make sure the president received a copy of the minutes within a reasonable time after any given minutes.
- Receive and send any correspondence for the group – as requested by the president
- Keep the original minutes a part of the permanent records – as well as the typed ones.
- Distribute copies of meeting minutes to officers and members. This can be done by printing them in the newsletter or having copies available at the beginning of the next meeting. Electronic distribution is also a good option.
- At the end of each year, have the minutes bound together as a permanent record and placed in the appropriate files (secretary and/or president). Electronic storage is also a good option.



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



Shellie Matthes
Membership VP
MVP@uswomenoftoday.org

It is okay to talk about Women of Today

Promote membership by talking about Women of Today!

One way to communicate and “talk about Women of Today” is through social media. Have you tried to use social media as a way to stay engaged with both current and prospective members?

Consider how many times you have scrolled through your social media feeds today. Here is an amazing statistic to give insight into how much time you might be spending on them every day:

THE AVERAGE PERSON WILL SPEND MORE THAN FIVE YEARS OF THEIR LIFE USING SOCIAL MEDIA

Many of us originally joined social media to stay connected to family, but why not use it to connect to Women of Today members and share what Women of Today means to us? Considering how much time you are spending on social media; it might be worth incorporating social media activities into your chapter’s communication. And, with social media continuing to evolve and more platforms popping up, it is good to engage with members through such a popular medium.

Promote your events before, during and after. Social media is a wonderful way to invite and remind members of upcoming events and build anticipation for the event.

Share pictures and videos of your events and get-togethers. This allows those members who could not attend to feel part of the event.

Interact with other Women of Today members! Do not’ just post your own events but use it as a tool to interact with other chapters. “Liking,” “commenting,” or “replying” to posts keeps you engaged with members and aware about other Women of Today events!

Social media extends our organization’s reach and keeps us on top of mind with our members. These days, using social media helps us maintain a connection with our members if we are engaging with them using the channels they frequent.

Give it a try and let’s share Women of Today!

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

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

Gratitude

Giving thanks for our members

How do we as Women of Today members show our gratitude for our members? We write numerous thank you notes! Did you ever consider that saying thank you is gratitude in action? Gratitude and concern are positive emotions. It has been said that gratitude is more than feeling thankful, it is a deeper appreciation for someone or something that produces longer lasting positivity.

One thing we can do to show gratitude for our members is to keep our organization strong by finding new members and being mindful of the members we already have. Take a moment to think about why you joined Women of Today in the first place. What was it that made being a part of Women of Today worth your time and energy? Was it being in a group of wonderful people who are more than just friends?

As it mentions in the USWT Creed, “united by our friendship”, Women of Today exists to be a source of encouragement and support for women to realize their potential in whatever worthwhile project they choose.

Women of Today members are all ages, from all walks of life, united in a shared passion for serving our communities and nation and the belief that doing so can change the world.

With gratitude, the members, chapters, states below that are working hard and making a difference.

Fast Start recipients:

Illinois

Daniel Kaiser

North Dakota

Pat Fern

Minnesota

Jill Kirschner

Shellie Lemmerman

Shirley Viesselman

Nebraska

Kim Hermann

100% Retention Chapters

Arizona

Wild West

Illinois

Crystal Lake

Lincoln Land

Pawnee

Springfield

Massachusetts

Chelmsford

Easton

Greater Bridgewater

Minnesota

Lake of the Woods

Roseau

Duluth

Benson

Morris Area

Sauk Rapids

St. Joseph

Big Lake

Elk River Area

Hutchinson

White Bear Lake

Byron

Eastern Carver County

Glenville

Madelia

St. James

Windom

Missouri

Farmington

Kirkville

Macon

Trumanland

Nebraska

Fremont Area

Heartland

Kearney

Lincoln

Nebraska City

New Jersey

Jackson

Central New Jersey

Pennsylvania

Dover

Lititz

Northeastern

Womelsdorf

100% Retention States

Illinois

Missouri

Nebraska

New Jersey

Pennsylvania

South Dakota

South Dakota

Hartford

In Chapter Extension

Massachusetts

Bellingham 6 new members

Minnesota

Albany 4 new members

New Ulm 5 new members

Missouri

Macon 5 new members

One New Member a Month

Minnesota

Hutchinson

Chapters with Growth

Growth +1

Massachusetts

Greater Bridgewater

Minnesota

Roseau

Duluth

Elk River Area

Eastern Carver County

St. James

Missouri

Kirkville

Nebraska

Kearney

New Jersey

Central New Jersey

South Dakota

Hartford

Growth +2

Illinois

Pawnee

Springfield

Minnesota

Albany

Slayton

Coon Rapids

Growth +3

Massachusetts

Greater Attleboro

Minnesota

Benson

Pennsylvania

Dover

Womelsdorf

Growth +4

Minnesota

Hutchinson

Growth +5

Minnesota

New Ulm

Missouri

Macon

Growth +6

Massachusetts

Bellingham

States with Growth

Illinois +4

Massachusetts +6

Missouri +6

Nebraska +1

New Jersey +1

Pennsylvania +6

South Dakota +1

Gold Chapters
Massachusetts
Bellingham

Minnesota
Albany
Hutchinson
New Ulm

Missouri
Macon

Chapters with 80% retention or higher
Massachusetts
Mansfield 82%

Minnesota
Warroad Area 82%
Melrose 80%
St. Michael Albertville 80%
Anoka 92%
Champlin 83%
Coon Rapids 80%
Burnsville 93%

The Chapter with the highest percentage of growth
Bellingham, MA (envelope with \$25GC Target)

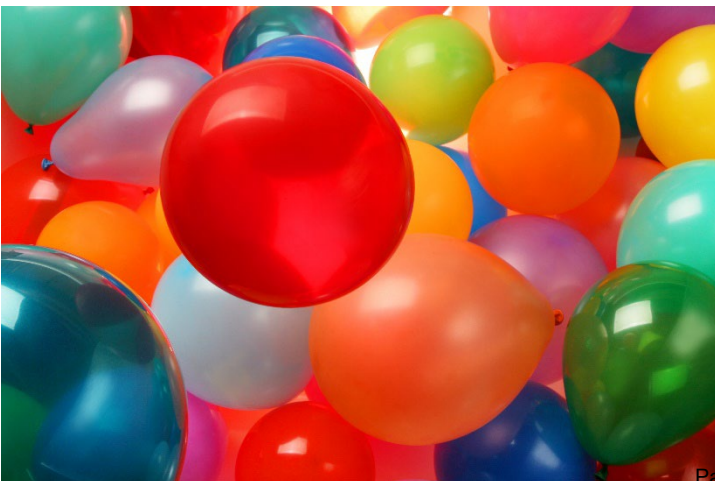
The State with the highest percentage of growth
Missouri (envelope with \$25GC Target)

Outstanding contact for the first trimester
Daniel Kaiser of Pawnee, Illinois.

For the second trimester, I am Challenging all Chapters to help us grow by 40 new members between October and November. The chapters that sign 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 20 at 6:30pm CST** to celebrate your success and President Jane's birthday! You do not want to miss this!

Thank you to the membership for a fabulous First Trimester!!

Shellie Matthes



Jenise Teske ~ Extensions Director
extensions@uswomenoftoday.org



Reaching Out

It always seems impossible, until it's done.---Nelson Mandela

CONGRATULATIONS!

To the MNWT Extensions Director and the Extensions team from the Duluth Women of Today in starting a new chapter in Minnesota—the Iron Range Women of Today, which will include members from Hibbing, Virginia, Chisholm, and Side Lake to name a few communities. They are excited to have a group of ladies eager to volunteer in their community and build friendships.

The Extensions team will be busy in the next few weeks and months holding an orientation, training board members, helping the chapter write their bylaws and policies, articles of corporation, organize their schedule of meetings and meeting place, as well as planning membership socials, projects and fundraisers.

We all look forward to meeting you and watching you grow—as women personally and in your community.

Jenise

Thank you to all who were at Mid-Year Convention in Omaha the weekend of October 11-12 and stopped by the Membership table Friday evening so we could share knowledge and information about Extensions, Membership, and Public Relations. We enjoyed giving you a Lucky Duck for participating, a hand paper clip and a “bit of honey” to express our gratitude.

- **Do you have a friend in another community or state that has expressed interest in Women of Today?**
- **Do you have an idea for a community that would be ideal geographically for a new Women of Today chapter?**
- **If you answered yes to either of these questions, let's talk!**
- **Email me at extensions@uswomenoftoday.org to obtain my phone number.**
- **I would love to have a conversation with you.**

2ND TRIMESTER CHALLENGE FOR EXTENSIONS DIRECTORS/TEAMS:

If you have an idea for an extension, email me the following:

- 1) Name of the community AND
- 2) A proposal for public relations AND
- 3) What I can do to help with the extension.

Deadline: January 1

You will be entered into a drawing for a basket with supplies for an event.



Cindy Golbuff – PUBLIC RELATIONS DIRECTOR
“B the Buzz PR”

CONTACT: pr@uswomenoftoday.org

Hello! Nebraska WT hosted the USWT Mid-Year Convention. **AMAZING!** It was a great celebration of the wonderful activities our organization is doing in our communities to make a difference. We had “Bushels of Fun” with forums, make and takes, service project and sharing tables!

Congratulations to all the chapters, members and states receiving an award or recognition at convention. They were all well deserved.

We had 3 first timers attending Mid-Year. These gals really enjoyed meeting the many members in attendance, learning about the USWT organization and participating in the activities including an impromptu competition. Thank you to the helpers who assisted in tabulating the books.

There are photos from convention 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. You will not want to miss any news/updates.

The following chapters submitted the new Shout Out with Public Relations form for Tri 1:

Crystal Lake, IL
St. Joseph, MN
Burnsville, MN
Melrose, MN
Stanley, ND
Freemont Area, NE
New Hope, MN
Blooming Prairie, MN
Champlin, MN
Heartland, NE
Hartford, SD



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 Tri 2.

2nd Trimester Challenges:



Women of Today Week/Make a Difference Day: 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](#)



Socials & M-events using PR: Send/email in the event and a copy of your PR promotion to be entered into a drawing.

NOV-DEC EMPHASIS MONTHS:

*PARLIMENTARIAN

*WELLNESS & PERSONAL
DEVELOPMENT

*MEMBERSHIP



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

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](#) Would you like to see Duluth from the water? Sign up for the boat cruise.

BEE Public Relations/Marketing

*Promote the event in many ways.

*At the event wear chapter shirt.

*Do you have brochures at the
event to have out?

*Have Fun! Take photos. Share on FB.

With the cooler weather, also comes the messages of thanksgiving and joy in the upcoming months. As the holidays are starting to come into focus, so does the importance of being thankful for the goals which have been met in the last few months. I am grateful to be a part of this organization and to attend Mid-Year where I was able to meet and get to know so many people. Thank you all for participating in the challenges.

Getting the word out about the amazing work the Women of Today members are doing is important. We need to spread the news. Asking people to join, showing them what a difference they are able to make for their community and for them individually and the friendships that can last a lifetime across the states.

I attended my first meeting because I was invited. I had known some of the ladies for a few years and was interested in learning more about the organization. Knowing I was making a difference in our community and being a part of a group who cared for each other made me feel connected. I challenge you to reach out to people in your community, invite them to an event or activity. This may be what they are looking for. You are making a difference. Believe it!

The organization that the Duluth WT chapter selected for the Buckets of Sunshine for 2025 was announced at Mid-Year. The organization is Safe Haven Shelter of Duluth. More information will be posted to the USWT Facebook pages after the beginning of the year. Please watch for these posts and the follow the USWT Year-End 2025 Facebook for the latest updates and challenges.

Wishing all of you a wonderful Thanksgiving, blessed Holiday season and best wishes for a healthy and prosperous 2025.





Lisa Hahn Programming Vice President
pvp@uswomenoftoday.org

Hello United States Women of Today Members,

We had a wonderful time in Nebraska at the Mid-Year Convention. The Nebraska Women of Today did a fabulous job hosting. There were members from several different states. So much fun to connect with the members. Hope to see many of you at our year end “40th Anniversary” convention in Duluth, in June.

I want to thank you all for turning in your Community Connection reports. Your hard work has paid off. We totaled over 869 service hours and raised \$136,806.12 in donations. You have done amazing work for your communities. I am so proud to be a part of this wonderful organization.

SPECIAL REMINDER NOTES:

My 2nd Trimester Challenge: Send me a note on the following for an incentive at Annual.

1. What is your main role as PVP in your state.
2. Let me know if you have communicated with your chapter PVP's and how you contacted them? By phone, email, personal notes, etc.
3. I want you to recognize 1 or 2 of your chapter PVP's / PM's by sending them in for a Chapter, State or National ward.

COMMUNITY CONNECTION REPORTS:

All reports submitted by the due dates 2nd and 3rd trimester will go into a drawing at Annual along with receiving a certificate.

NOVEMBER EMPHASIS MONTH

PARLIAMENTARIAN

WELLNESS & PERSONALL DEVELOPMENT

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

I want to encourage all of you to go to our website. Our new Web Master Daniel Kaiser has done a wonderful job with the new platform. Most of the information from the old site has been transferred. If there are things you would like to see or If you have any suggestions please contact US President Jane and she will discuss with Daniel.

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 get 5 new project submissions each trimester. You will be entered into a drawing at Annual Convention for each project you enter.



Dawn Nissen
USWT DVA Program Manager
dva@uswomenoftoday.org

Why Victims Stay

There are a number of reasons why victims stay with their abuser. It is important to note that victims do not stay in abusive relationships because they enjoy being abused. Rather, they have very real, compelling reasons for staying.

Fear

Generally, victims stay because the fear of leaving is greater than the fear of staying. Fear of the unknown can be a powerful reason for "staying put." Also, victims are often threatened with physical harm if they try to leave. It is well documented that victims are at the most risk of injury when they are leaving. They fear for their safety and the safety of those who help them.

Control

Many victims' feel that they have more control by remaining in an abusive relationship. They know their abuser's whereabouts and moods and therefore know how to act in the way that will be least likely to trigger their temper. The victim fears that if they attempt to leave, the violence could extend to their family or friends who are helping them escape. The victim's identity has been lost because for the duration of their relationship the abuser has made many of their life choices for them. The abuser has encouraged or completely forbidden the victim to see their friends and perhaps even keep their job, which means they are completely reliant on the abuser for financial and emotional support.

Promises of Reform

The abuser promises that it will never happen again; the victim wants to believe that this is true.

Guilt

The victim may believe that the abuser is sick and needs their help. The idea of leaving can thus produce feelings of guilt. The victim may be the only person who hasn't left the abuser, so they feel a sense of responsibility to help them.

Lack of Self-Esteem

The victim may come to believe that they somehow deserve the abuse. The abuser has destroyed any sense of self-esteem they once had and therefore they now may believe that they don't deserve anything better.

Children

Being a single parent is a strenuous experience under the best of conditions, and for most victims, conditions are far from the best. The enormous responsibility of raising children alone can be overwhelming. Often, the abuser may threaten to take the children away from them if the victim leaves or attempts to leave.

Love

Most people enter a relationship for love and the emotion does not simply disappear in abusive relationships. Most victims want the violence to end, but love their partner and want the relationship to work.

Finances

A lack of money can make these situations even harder because many options for leaving require payments, such as a hotel fee or a plane ticket. If the victim does not have the means to do these things many of their options disappear.

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.



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.



WPD Certifications

The new form is now available on the uswomenoftoday.org website!

WPD CERTIFICATION TOPIC: Read An Article on a Health Topic

The Best Forms of Exercise to Improve Your Mood

Verywellmind.com By Mark Stibich, PhD Medically reviewed by Steven Gans, MD

Exercise can be a great way to lift your mood and improve your ability to deal with stress. When you exercise, your body often feels more relaxed and calm, but there are mental benefits, too. Find out why exercise is beneficial, and which types of exercises are best to help balance your emotions.

How Exercise Improves Mood

When you engage in high-intensity exercise, your body and brain produce hormones and neurotransmitters that have a positive impact on your mood, memory, energy levels, and sense of well-being. Some of these are known as endorphins, the body's feel-good chemicals. They can result in the "runner's high" that joggers talk about.

After a good workout, your muscles are tired, but you feel more relaxed. You may also feel a sense of accomplishment, which boosts your self-confidence and improves your sense of well-being. Thanks to your workout, the pent-up tension and stress in your muscles and your mind are reduced.

Types of Exercises to Improve Mood

When it comes to exercise, it's crucial that you pick something you enjoy. Cardiovascular exercise is great, but if you hate running, you won't stick with it. And when an activity is more enjoyable, chances are better for long-term adherence.

For your exercise routine, you might try a mix of solitary activities like walking, swimming, or gardening, combined with some group activities like high-intensity interval training classes or periodic group hikes or bike rides. In addition to the physical and endorphin benefits of exercise, another potential benefit of exercise is the opportunity for social interaction, which can often boost your mood just as much.

The best type of exercise to improve your mood is often a mix of activities you enjoy and are motivated to stick with long term.

For mood-lifting benefits, try any or all of the following activities. Some people get bored with the same exercise day after day; others relish the routine. Consider keeping the exercises you love as your anchor workouts, and then periodically swapping in other activities as your mood, schedule, or weather changes.

Cardiovascular and Aerobic Exercises

Cardiovascular and aerobic exercises are great for creating the intensity required for the release of mood-raising endorphins in your body. Aerobic exercises are those that get your heart rate up, like jogging, swimming, cycling, brisk walking, or using an elliptical trainer. You can also get your heart rate up by doing activities like gardening and dancing—both have been shown to reduce depression and anxiety.

If you like sports, joining a local league to play soccer, basketball, or tennis can provide social interaction while giving you a cardiovascular workout. Joining a group class that provides a high-intensity interval workout like Crossfit or boxing is another way to get your cardio in while having some fun.

Yoga

Yoga is a system of holistic health and spiritual growth which focuses on meditation, breathing exercises, and physical postures. Unless you're doing an active flow or vinyasa yoga class, yoga doesn't provide much of an aerobic workout. It can, however, teach you how to relax, release tension, stretch tight muscles, and even strengthen weak ones. Doing yoga regularly can help to ease anxiety and improve feelings of well-being.

Tai Chi

A traditional Chinese exercise that is practiced worldwide, Tai Chi can benefit people who experience symptoms of anxiety and depression, and has been shown to improve immune function and increase blood levels of feel-good endorphins.

Anyone can do Tai Chi because the movements are easily learned and repetitive. It doesn't require strength or endurance but instead focuses on the form of the movements and breathing. Tai Chi is considered a self-healing practice.

According to traditional Chinese medicine, the practice helps to alleviate energy blockages in the body, which helps to prevent or treat certain diseases. Research shows that Tai Chi may improve many aspects of well-being including reducing depression, anxiety, stress, and mood disturbance as well as improving self-esteem.

Reminder: Mindfulness Challenge ended October 31st, send in your info if you completed it!
Social Challenge Begins November 1st – Check out my Tri 2 SIP & my page on the website for more info!



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: _____

Hello USWT Friends,

Happy Fall Ya'll! Wow fall is flying by us and soon it will be Thanksgiving and Christmas. We are anxiously waiting to have our November All State in a few weeks. We will be gathering in Utica, IL to "Channel the Flannel" with all of our Illinois Women of Today friends. Our Lincoln Land Chapter is hard at work planning for this fun weekend. Our chapters in Illinois have been very busy lately with Springfield WT making cards for the IL Presbyterian Home, donating to the food pantry, purchasing wish list items for a local church, and working on their biggest project Operation Christmas Child shoeboxes. Pawnee has been busy donating to the food pantry, local schools, and providing dinner for Pawnee Fire and EMS staff. They have also been busy donating stuff from their Angel Fund to help support local kids. Crystal Lake chapter has also been busy with meetings and various other events. Havana WT is doing a promotion to gain more members and we wish them all the best. Daniel and I missed seeing all of our USWT friends at Midyear this year but hear that a great time was had by all. We are looking forward to seeing many of you at Year End in Duluth. Wishing everyone a safe and fun fall season!!

In Kindness,

Aimee Kaiser

Illinois Women of Today President 2024-2025



Visiting with Massachusetts Women of Today





Happy Fall Ya'll from Minnesota!

This is the best time of the year in Minnesota with all of the leaves changing and sweater season moving into full gear. I was bummed to miss you all and the fun at Mid-Year Convention and I loved seeing all of the pictures enjoying the bushels of fun! I can't wait for our get-together next June in Duluth and hope to see you all!

After a wonderful state convention in September, we have been focusing on supporting our chapters in October and beyond. We have been having Membership calls, President connects and getting together for our Mid-Year Executive Council meeting coming up mid-November. This is where we gather for training, planning and lots of connecting.

The focus on chapters includes chartering our newest chapter, the Iron Range Women of Today on October 15th. We have been missing a chapter in this part of the state for a number of years and are so glad to plant our flag in the Hibbing-Chisholm-Virginia area. And it went up in two months! While we had popped our head up a couple of times in the last year, we held two meet & greets in August, an informational meeting in September and then an organizing meeting in October where we signed up 10 new members. The Duluth chapter is leading this extension and we know they will be setting these wonderful women up for many years of serving their community to come.

In friendship,

Tevyan Sorensen

MNWT State President 2024-2025

president@mnwt.org

mnwt.org



The Stanley, North Dakota Women of Today are gearing up for our busy season. We are looking forward to family week and to our Christmas giving tree. Work has already been begun on both. Because both the president and vice president were traveling no October meeting was held. The November meeting has a long agenda, but we will make it happen. We want to thank the Nebraska Women of Today for there as always their great convention. And we congratulate president Jane on her first trimester in office. The weather here continues to be out of season so to speak we continue to enjoy warm afternoons and sunny days which means we are having more sunshine for living and learning. We hope, everyone has a blessed Thanksgiving and a wonderful Christmas .

Pat Fern

Visiting with North Dakota Women of Today





Greetings from Pennsylvania,



The days are shorter, and the leaves may be falling but this has not slowed down the Pennsylvania Women of Today members from “Spreading Seeds of Kindness”.

We will be holding our 2nd trimester state meeting on November 16 at St Paul UM Church in Manchester, PA. This trimester’s statewide outreach project is Mr. Sandy’s Homeless Veterans center. We are collecting socks, sweatshirts and sweatpants at our meeting. We are so excited to have 6 USWT staff members joining us! If you would like to join the fun, please contact President Cindy for details.

Our Dover chapter members have been busy helping with fall events with their local township including a fall fest, trunk or treat and pumpkin carvings for a pumpkin walk. Upcoming holiday events include backpack of blessings for homeless veterans, Thanksgiving food baskets, Santa’s secret workshop and their Holiday luncheon.

The Lititz chapter are having another pretzel sandwich sale. They will be providing Holiday decorations for their local assistance living center as well as sponsoring a family with Christmas gifts.

The Northeastern chapter celebrated Women of Today week together with lunch followed by making bookmarkers for the free library. They continue to collect food and supplies for a local animal shelter, books for a free library and school supplies. For Make a Difference Day, they are providing goodie bags of personal care items, snacks and puzzle books to the residents at one of their local assistance living homes. Their upcoming holiday projects include Christmas on the square, a chapter Holiday dinner and Christmas baskets for 5 local families.

The Womelsdorf chapter are always busy with projects for their local community and sports teams. Over the past month, they held a car show, doggie swim and were a bunch of witches at a trunk or treat event. Check out the Sanderson Sisters on the PA Facebook page. Upcoming events include their annual Witches pot on Halloween, Advent food calendar, Santa on the firetruck and Christmas caroling.



Be a Guiding Light – Volunteer

Diane Stanaway, President

I am sorry I missed the convention but I heard it was a good time. I am looking forward to attending the Pennsylvania Women of Today meeting in November. And, I am so happy to have Pat Rhein joining me. The Central NJ ladies are doing projects for Domestic Violence and we are also joining with another local project to give a better holiday to children in the Manchester NJ school system. We are doing our projects with Boscov's and then having our meeting at Bahama Breeze with delicious food, ½ price apps and wonderful drinks. And, an outstanding day of shopping with 25% off everything.

I have no update from the Jackson chapter.

I wish everyone a very Happy Thanksgiving and a very Merry Christmas. I am going to start putting up my trees very soon. I actually already have one up as a beachy tree.

Blessings to all and a very safe holiday season.

Regards.

Diane