

TODAY'S LEADER



Greetings USWT Friends,

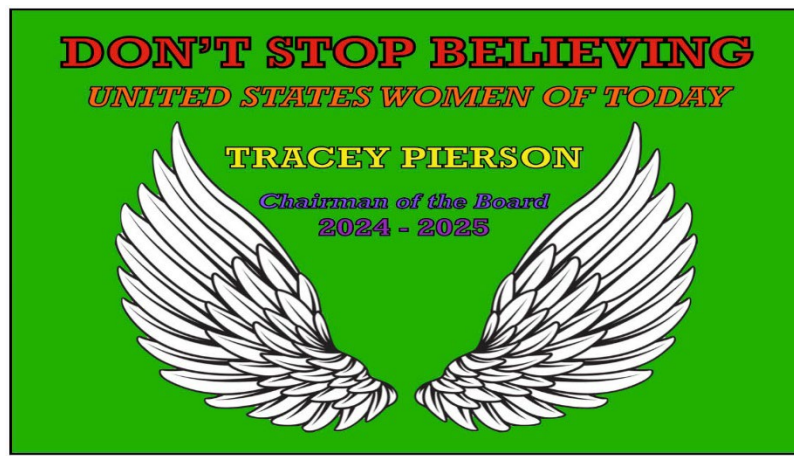
I know everyone doing an article for they last Today's Leader says...I can't believe the year went this fast. I agree. It is not possible for me to adequately put into words what serving you as your 40th National President has meant to me. The entire staff looks forward to celebrating with you in Duluth in June. Here are some memories of the year:

"Make a Colorful Difference"

Jane Hanson
USWT President



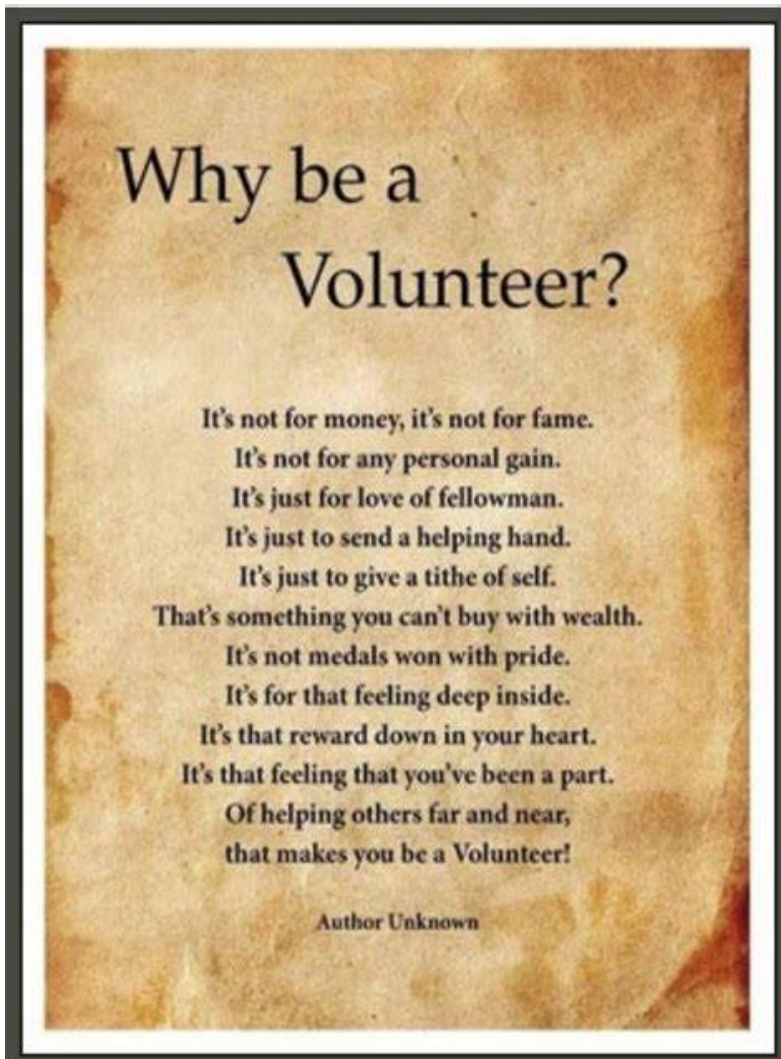




We are still looking for positions on the USWT staff for next year. Let me know if you have questions or would like to know any information.

Reminder we will be celebrating our 40th Anniversary in Duluth let's celebrate those 40 years and also celebrate our future. We will have a limited supply of lapel pins and shot glasses for sale.

I want to Thank everyone for your support and friendships over these last years while I have been on the USWT Staff.



Thank you,

Tracey Pierson
USWT COB 2024-2025



Parliamentarian Today's Leader

Michelle McGowan CONTACT: parli@uswomenoftoday.org

Hi Women of Today Members!

Thank you to all that sent me your Bylaws and Policies this year. I appreciate all the support I've received from all of you. You made my position easier. I had a wonderful year and hope you all did as well.

Have you decided what you will be doing as your next step in Women of Today for the 2025-2026 year. Most of us are getting ready to hold our elections for the new year. Your nominations for your new State and Chapter Boards. Below is information that can help with your elections.

BYLAWS AND YOUR STATE/CHAPTER ELECTIONS!

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.

We have four bylaws and six policies that will be voted on at National Year End Meeting in Duluth. The policies will be voted on at the Board of Directors meeting and the bylaws will be voted on at the Business meeting. The motions are listed below:

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," **relocate to Article I and renumber as Section 7 and replace with:**

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 8.**

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.

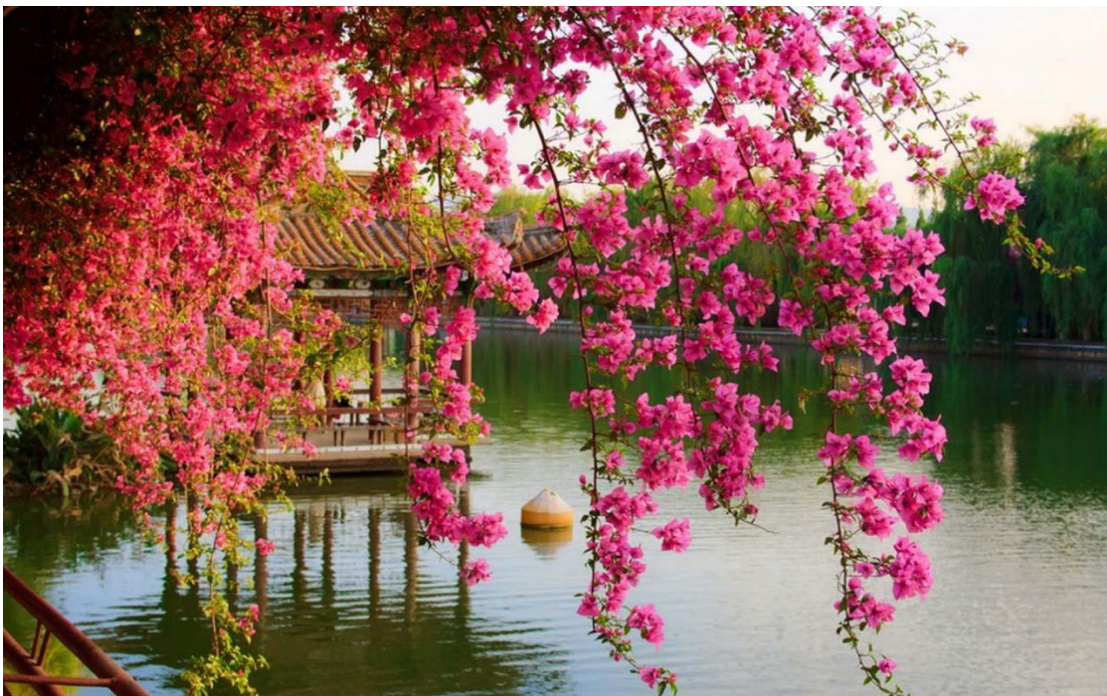
I move that we amend Policy 2, Section 3.C.1.A. to read **Writing Competition \$5.00.**

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.

I move that we replace the words 'the following rates' with 'budgeted amounts', and remove the specific dollar amounts in Policy 12, Section 3.D. so that it reads: Room reimbursements shall be paid at **budgeted amounts**, proportional to available funds at year end.





May 2025

*Shine a
Light on
Finances*

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

Howdy Treasurers!

As my time as USWT treasurer comes to a close, I would like to thank you for all the support this year and allowing me to Shine a Light on Finances. Because of your help, we had several successful fundraisers, and the United States Women of Today is in a sound financial position.

Celebrate Cinco de Mayo with virtual BINGO via Zoom

Eat tacos, drink margaritas, play BINGO and have fun! All while raising money for USWT ways and means. **May 4th (a day early) at 6:30 p.m. (central)**



How? I am glad you asked.

- For a \$10 donation I will send you a BINGO card and the link for the Zoom meeting. Email your request for BINGO card to treasurer@uswomenoftoday.org
- USWT Finance Committee approved use of my personal Venmo; Bonita-Waller-1 (phone number for verification is 0152) to collect donations or you can mail me your donation.

Prizes for each winner will be a box of the Walnut Grove Mercantile fudge delivered at convention in Duluth or a gift card if you will not be at convention.

+++++

Don't forget the Ways and Means Year End Fundraiser – FUDGE!



Online sales will run April 22nd thru May 26th with delivery at year-end convention in Duluth or you can have your order shipped to an address you specify for an additional \$15 shipping fee for up to 12 boxes. The fudge/caramels sell for \$10 a 1/2-pound box.

The link to order is: <https://walnutgrovermerc.com/fundraising/business/united-states-women-of-today/> and is also available on the USWT web site and USWT Administration page on Facebook.

I will order a few extra boxes to sell at convention, but please order online so that you get your favorite.



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

Hello to everyone!

It is hard to believe how fast the year has gone by. As I put together my last issue of the Today's Leader for this year I look back on my challenges and learning opportunities. Women of Today offers many opportunities for individuals to step up and grow.

I am looking forward to the convention in Duluth to recognize all the wonderful people and activities that members, chapters and states have participated in these last 2 semesters.

I am still looking for emails to answer my 3rd trimester challenge:

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

No other office is more important to the smooth functioning of your organization than the secretary. The work of the secretary is absolutely essential, and it takes a special person to do it correctly and do it well – not because the work is difficult, but because it's so important.

Dependability, organization, and the ability to refrain from editorializing are the key attributes of a successful secretary.

If you're the secretary, don't wear yourself out trying to write (into the minutes) everything everybody says in meetings. In fact, it's improper to do that. It boils down to this: Minutes are the record of what is done in the meeting, NOT what is said.

Check out this guide for more tips!

Secretary – How to be the Best Secretary (copy and paste in your browser)

<https://uswomenoftoday.org/wp-content/uploads/2024/09/How-to-be-the-best-secretary.pdf>

Name: _____

Secretary Terminology

J	D	C	F	C	A	L	E	N	D	A	R	O	J	M	T	G	E
Q	U	P	A	W	A	R	D	Q	U	O	R	U	M	O	A	E	T
N	E	W	S	L	E	T	T	E	R	H	F	G	E	T	G	L	F
B	S	C	O	N	V	E	N	T	I	O	N	T	M	I	E	E	O
H	T	I	U	P	R	E	S	I	D	E	N	T	B	O	N	C	R
I	V	B	Q	B	U	S	I	N	E	S	S	G	E	N	D	T	E
S	W	A	E	P	R	O	J	E	C	T	R	V	R	W	A	I	P
T	H	N	D	T	R	E	A	S	U	R	E	R	S	Y	F	O	O
O	R	A	M	I	N	U	T	E	S	C	L	B	H	N	D	N	R
R	P	A	R	L	I	A	M	E	N	T	A	R	I	A	N	S	T
Y	S	E	C	R	E	T	A	R	Y	G	R	W	P	U	B	A	H
R	P	R	O	G	R	A	M	M	I	N	G	P	N	H	G	S	K

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

PARLIAMENTARIAN
PROGRAMMING
NEWSLETTER
CONVENTION
MEMBERSHIP
SECRETARY
PRESIDENT

TREASURER
ELECTIONS
CALENDAR
BUSINESS
MINUTES
HISTORY
PROJECT

MOTION
QUORUM
AGENDA
REPORT
AWARD
DUES

Shellie Matthes
Membership VP
mvp@uswomenoftoday.org



Here we are finishing up our year! It has been an absolute blast, and the time has just gone by! I would like to congratulate all of you on your efforts this year in Membership! You have done an OUTSTANDING job in growing your chapters, hosting fun and creative M-events along with thoughtful projects that are benefitting your communities! **Be proud of everything you have done to promote your chapter and USWT!**

Let's keep the momentum going.

Thank you to the State MVP's for all your efforts this year in Membership. Thank you to Terri S. for her help with dues billing and roster updates. Without her my job would be that much tougher! Thank you to the National Staff, I loved spending time with you and getting to know each of you a little bit better! Your encouragement and support have meant the world to me. My last Thank You is for President Jane who never wavered in her belief that I could handle this staff position and her willingness to let me go a little crazy, occasionally. This journey has been an amazing learning experience and the new friends that I have made this year are a perk that I will treasure and carry with me always.

In friendship ~

CHALLENGE

For the third trimester, I challenged all chapters to help us grow by forty (40) new members between March and April to celebrate our 40 years! The names of all new members will be placed into a drawing for **\$40 cash!** Yes, cold hard cash!! 40 smackaroos!! The chapters that sign a new member and submit the new member(s) through the USWT website link will receive a colorful ticket to be first in line for the luncheon at the USWT Annual Convention in Duluth!! The tension is building. We will sign 40 New Members? Will the organization grow? Who will win the cash?!!

April Challenge

Chapters that complete and submit a form by May 1 for:

Fellowship Builder

In addition to the Certificate you will receive an additional gift to acknowledge your accomplishment.

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

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



There is still time to be entered into the drawing for the SPECIAL
MARCH/APRIL Challenge!

- #1: Do you have a community in mind to “Reach Out” to? What date did you start?
- #2: What kind of flyers and/or PR did you use for the initial event?
- #3: What kind of a meet & greet/informational event did you hold?
- #4: What kind of a project to benefit the community or craft activity with a social did you hold for the second meeting?



Send an email to extensions@uswomenoftoday.org when the above steps have been completed and you can have a chance to win \$100 for an event!!! Absolute deadline: May 10. Do not miss out!

Another USWT year drawing to a close. THANK YOU to all of you for your support this past year with shared ideas and excitement.

I look forward to seeing many of you at our 40th anniversary celebration at Year-End convention in Duluth in June. We will be having a chartering ceremony for the new chapters in Minnesota—Iron Range and Litchfield area. Congratulations to the extensions teams that accomplished this.

In Friendship,

Jenise



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

Hello USWT Members!!

It has been my privilege to serve as the USWT PR Director and as a part of USWTW President Jane's staff! I have had so much fun writing up Facebook posts, talking with so many of you and meeting new members from across our organization. To my state contacts many thanks for sharing chapter/state newsletters, turning in your paperwork, and supporting the area of public relations! Thank you for “buzzing” PR throughout your communities and inviting people to join us as we empower individuals to make a difference in their lives and communities.

Thank you for your encouragement and support, it is appreciated!



Below is an explanation of the Buckets of Sunshine projection at Annual Convention.

The organization that the Minnesota WT chapter selected for the **Buckets of Sunshine for 2025 is Safe Haven Shelter of Duluth for USWT Annual Convention.** The Shelter and Resource Center serves a seven-county area in Northern Minnesota and provide services/education for over 1,500 adults and children annually.

There was a question about the Buckets of Sunshine project and why we are helping an organization in Minnesota when our own state has needs. The idea of the USWT Buckets of Sunshine Project (BOS) is to have a service campaign that the public can align to the United States Women of Today. It will allow every chapter to work towards a common goal, but will also have the flexibility to adapt to each community's individual needs. **Each chapter is encouraged to participate by providing Buckets of Sunshine in their community as well as in the USWT Buckets of Sunshine for the Annual Meeting.**

The BOS for the Annual Meeting will be coordinated by the [USWT Public Relations Director](#), with the approval of the Marketing Committee, [USWT President](#), and [USWT Membership Vice President](#). A specific program must be promoted early and especially at mid-year convention with a complete information packet to be provided for the members to make this project a huge national success and obtain national recognition that is so well deserved. This project makes a difference in the community that our annual convention is held and to the local communities that receive these bucket(s) as well.

USWT Buckets of Sunshine Project History

At the 1996 Annual meeting the Future Directions Committee decided to create a project that would bring name recognition to the organization through public relations. After much brainstorming and idea sharing, the Buckets of Sunshine Project was selected. The goal is to provide “buckets” filled with products to local crisis centers (particularly focused toward women and children). The donated items would benefit someone leaving the center and help defray expenses by starting over in a new home or apartment.

At the June 2002 Annual Meeting, the Marketing Committee decided not to associate the Buckets of Sunshine project with “Make a Difference Day.” It was felt that if the two are kept separate, our communities would benefit from them both. It seems to be confusing to our members along with people in the community and it was felt that the Buckets of Sunshine was lost in the media hype of Make a Difference Day.

It is one of my job responsibilities to promote and educate the membership about the organization that as selected for BOS. If you have any questions or need information, please reach out!

I want to remind everyone that when you are out and about, share Women of Today with women you meet. Do you have a chapter brochure that you can carry in your purse or backpack ready to share? How about chapter business cards to hand out or post on community bulletin boards? If you need help designing either of the above marketing tools, **just contact me and we can work on it together.**



Wish/Want/Need List for Safe Haven Shelter:

- **Culturally specific hair care products:** Brushes, jam combs, hair grease, hair lotions, shampoos, conditioners.
 - **Cleaning items:** Clorox wipes, all-purpose cleaners, tall garbage bags, laundry pods, and paper towels.
 - **Hygiene products:** Deodorant, body wash, toothpaste, lotion, razors, combs and menstrual products (pads and tampons).
 - **Clothing items:** We ask that these items all be new. Sweatpants, pajamas, socks (specifically for women's shoe size 8 and larger).
 - **General items:** journals, notebooks, first aid kits, ear buds, no-contract, pay by the minute phones and old cell phone.
- Gift Cards:** cards from major retailers like, **Walmart, Target, Five Below, Walgreens, gas stations, grocery stores** are appreciated.

Reminders: 3rd Trimester Challenges:



Volunteer Week- 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.



**Women of Today
Buckets of Sunshine**

Buckets of Sunshine Project

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

The excitement is growing for the Annual Convention in Duluth, MN, June 13-14. Are you going to join us?



In my last article, I would like to acknowledge the one who gave us life- Our Mothers. Happy Mother's Day!

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

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



Greetings from the Webmaster!

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

If you are attempting to access the 2024-2025 Directory you will need a password. You can contact any USWT staff member or your state president to get the password

President Jane and I continue to work on the website and making sure that everything is functioning correctly. If you see something missing or not working, please let us know. We want

to make the website easy for you to navigate and find the information you are looking for.

We are working on some exciting surprises for our 40th Anniversary Celebration and I am excited to be hosting a session on Friday evening at Annual Convention. I will be available with my laptop to show you the website and help you find what you are looking for.



Lisa Hahn Programming Vice President

pvp@uswomenoftoday.org

May – June 2025 Article

Hello to All,

I want to start by saying “Thank You” for making this such a memorable year. It has been an honor serving as the USWT Programming Vice President. I have learned so much this year. And I have all of you to thank for that. You have sent in reports, completed my challenges and have gone above and beyond for your communities. The reports I have been reading truly touch my heart. The work you do in and for your communities is amazing. Just think of all the wonderful things you do, then think how sad it would be for your communities without your volunteer service. We are so lucky to have an organization that we can meet new people, make new friends (for a lifetime) and help our communities.

Please continue to send in those last-minute Community Connection Reports, your Project Library Reports and your Outstanding Achievement in Programming forms. The links are below.

My challenge for all of you Programming Vice Presidents is to help train in those amazing members who are stepping up to take on this role next year. You will be a great resource for them. Share what worked for you this year and if you have any tips to offer. Remind them to check out the USWT website and to look around and familiarize themselves with all the information they can find. There is a wealth of information they can read.

Here is the link to the OUTSTANDING ACHEIVEMENT IN PROGRAMMING on-line form:

<https://www.emailmeform.com/builder/form/2uO770fxqla4fajko>

The link for the Community Connection report can be found at:

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

The link for the Project Library report can be found at:

<https://www.emailmeofrm.com/builder/form/NFWRVy8fO8dD6KTLlcj17>



Effects of domestic violence on children

Many children exposed to violence in the home are also victims of physical abuse. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems.² Children who witness violence between parents may also be at greater risk of being violent in their future relationships. If you are a parent who is experiencing abuse, it can be difficult to know how to protect your child.

More than 15 million children in the United States live in homes in which domestic violence has happened at least once. These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves. For example, a boy who sees his mother being abused is 10 times more likely to abuse his female partner as an adult. A girl who grows up in a home where her father abuses her mother is more than six times as likely to be sexually abused as a girl who grows up in a non-abusive home.

Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include [mental health](#) conditions, such as [depression](#) and [anxiety](#). They may also include [diabetes](#), obesity, [heart disease](#), poor self-esteem, and other problems.

Each child responds differently to abuse and trauma. Some children are more resilient, and some are more sensitive. How successful a child is at recovering from abuse or trauma depends on several things, including having:

- A good support system or good relationships with trusted adults
- High self-esteem
- Healthy friendships

Although children will probably never forget what they saw or experienced during the abuse, they can learn healthy ways to deal with their emotions and memories as they mature. The sooner a child gets help, the better his or her chances for becoming a mentally and physically healthy adult.

You can help your children by:

- **Helping them feel safe.** Children who witness or experience domestic violence need to feel safe. Consider whether [leaving the abusive relationship](#) might help your child feel safer. Talk to your child about the importance of healthy relationships.
- **Talking to them about their fears.** Let them know that it's not their fault or your fault.
- **Talking to them about healthy relationships.** Help them learn from the abusive experience by talking about what healthy relationships are and are not. This will help them know what is healthy when they start romantic relationships of their own.
- **Talking to them about boundaries.** Let your child know that no one has the right to touch them or make them feel uncomfortable, including family members, teachers, coaches, or other

authority figures. Also, explain to your child that he or she doesn't have the right to touch another person's body, and if someone tells them to stop, they should do so right away.

- **Helping them find a reliable support system.** In addition to a parent, this can be a school counselor, a therapist, or another trusted adult who can provide ongoing support. Know that school counselors are required to report domestic violence or abuse if they suspect it.
- **Getting them professional help.** Cognitive behavioral therapy (CBT) is a type of talk therapy or counseling that may work best for children who have experienced violence or abuse. CBT is especially helpful for children who have anxiety or other mental health problems as a result of the trauma. During CBT, a therapist will work with your child to turn negative thoughts into more positive ones. The therapist can also help your child learn healthy ways to cope with stress.

3rd Trimester Challenge (April)

I will accept photos through May 15

With the luminary walk being held at Year End Banquet, I challenge chapters or states to support DVA and donate and decorate bags as a group. Each chapter or state that posts a picture or emails me a picture will be placed into a drawing for a \$25 donation to your local shelter. A minimum of 5 bags will need to be decorated. Each bag is a \$5.00 donation to Domestic Violence.

You can mail the money to me or bring to Convention. Please reach out to me at dva@uswomenoftoday.org for any questions.

US Buckets of Sunshine Year End Project

Below is a "WISH LIST" of items Safe Haven shelter can use. Feel free to start collecting items and bring them to Year-End 2025 in Duluth, MN in June. Monetary donations are also being accepted. Checks made out to "US Women of Today" with "Buckets of Sunshine 2025" in the memo line. They can be sent to USWT Public Relations Director Cindy Golbuff.

- **Bedding:** Twin, Full- & Queen-sized comforters and blankets, twin sized sheets, pillowcases, large throw blankets and pillows. We are NOT in need of baby blankets at this time.
- **Culturally specific hair care products:** Brushes, jam combs, hair grease, hair lotions, shampoos, conditioners, and hair scarves, wraps, or bonnets.
- **Cleaning items:** Clorox wipes, all purpose cleaners, tall garbage bags, laundry pods, laundry bags and paper towels.
- **Bathroom items:** Body towels, wash cloths and toilet paper.
- **Hygiene products:** Deodorant, body wash, toothpaste, lotion, razors, combs and menstrual products (pads and tampons).
- **Clothing items:** We ask that these items all be new and unused. Sweatpants, pajamas, sports bras, bras, underwear, flip-flops, hard bottom slippers, socks (specifically for women's shoe size 8 and larger). We are NOT accepting any used clothing donations at this point.
- **General items:** Water bottles, forks, spoons, journals, notebooks, undated planners, backpacks, duffle bags, first aid kits, ear buds and noise cancelling headphones, no-contract, pay by the minute phones and old cell phones.
- **Infant items:** Baby wipes, diapers (we are currently only in need of size 4 and larger).
- **Seasonal items:** Winter coats and winter boots.



Shellie Haun
Wellness & Personal Development
wpd@uswomenoftoday.org
www.uswomenoftoday.org

Well, I cannot believe this year is almost over! I have had a wonderful time as your Wellness & Personal Development Program Manager, and I want to say how much I appreciate all of your support. I really enjoyed meeting so many of you at your state meetings and USWT conventions, and I look forward to seeing you all soon in Duluth, MN for Annual Convention. THANK YOU to all Women of Today members for a great year!

Intellectual Challenge

Chair or co-chair at least one event or project for your chapter during 3rd trimester

Email me what project you chaired/planned by April 30th

All submissions will be entered into a drawing for a prize at Annual Convention.

SPEAKING COMPETITION

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

Topic is:

“A moment that made you proud of yourself”

Essay should be 3-5 minutes long (approx. 600-800 words)

To enter, complete the **Competition Stat Sheet**
and bring your **\$5 entry fee** to convention

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

WPD Certifications

State Certification Challenge

The state with the highest percentage of certified members
will win a prize at US Annual Convention. Will it be your state?

Have you submitted your certification yet?



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: _____



USWT YEAR END CONVENTION

June 13 – 14, 2025

Radisson Duluth Harborview

505 West Superior St.

Duluth, MN 55802

Greetings from Duluth,

Our numbers continue to grow and at this writing, are over 70. We are hearing about people who will be attending, but we have not received your registrations yet! The room block was to expire on May 12, but however, we have succeeded in extending it. **The new expiration date for the hotel room block is midnight on Sunday, May 18, 2025. Please get your reservations made!**

We are selling ads to help defray the cost of printing etc. Please refer to our ad sizes and prices in this issue of Today's Leader. A Full-Page ad will cost \$20, Half Page is \$15, and a Quarter Page ad will cost \$10. **Ads must be received by June 1, 2025.**

There has been a change to the menu. Every year restaurants review their menus and make additions or subtractions as well as conduct a price review. The good news, the Radisson did not raise any prices on their menu. The bad news, they are no longer providing a Baked Potato Bar. Thus, our Saturday Luncheon will be a Salad Bar. Please accept our apologies.

Those who are coming early for the Vista Cruise on the afternoon of Thursday, June 12th, the cruise will board at 3:00 PM and we will leave the shore at 3:30 PM. The ship will be back in the harbor at 5:00 PM.

In addition to Harbor 360, the revolving restaurant on the top floor of the hotel, there are many restaurants to enjoy on Thursday evening that are within a mile or two of the Radisson. We will have a list for you in the lobby of the hotel on Thursday afternoon.

We are excited and looking forward to seeing all of you in June!

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, June 12

Saturday Luncheon

\$25

\$30

3PM Board, Cruise 3:30

Saturday Banquet

\$45

\$50

non-refundable unless

SATURDAY ONLY

\$95

\$105

cruise is cancelled

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

USWT Annual Convention Schedule (Tentative)

June 13-14, 2025

Duluth, MN



Thursday June 12th

3:00-5:00pm Harbor Cruise (pre-register with payment required)

7:30-10:00pm Staff Meeting

Friday June 13th

Registration is available 8:00-10:00am & 4:30-6:30pm

National Store is available 9:00-11:00am & 3:00-4:00pm

Committee meetings are open to everyone, except for Elections Committee

8:00-8:30 am Elections Committee (Closed Meeting with Candidates)

8:30-9:15am US Founders Charity Meeting

9:15-9:45am Finance Committee

10:00-10:45am Future Directions

10:45-11:00am Bylaws Committee

11:00am-1:00pm Lunch on your own

1:00-3:00pm Board of Directors/US Founders Charities Meeting

3:15-4:00pm Luminaries /Membership Fairy Wands – *Come and purchase/create a DVA luminary for the walk Saturday night and make and take a Fairy Wand, a membership night idea.*

4:00-4:30pm First Timer's Welcome/Orientation

4:30-6:00pm Dinner Break/2024-2025 State President Round Table

6:00-7:00pm Candidate Caucus

7:00-8:00pm 2025-2026 Incoming State President Training

7:15-7:45pm 2025-2026 State/Chapter officer training – Membership, Programming, Secretary, Treasurer, Parliamentarian, Chapter Presidents, Extensions, All positions – *Meet 1:1 with National Staff for training in your new position*

7:15-7:45pm Webmaster – *Come and meet with Daniel and get help with the Website*

8:00-10:00pm Opening Ceremony/Incentive Session (2nd Trimester Awards)

10:00-12:00am Friday Night Social

Saturday June 14th

Registration is available 8:00-9:00am

National Store is available 8:00-8:50am and 3-4pm

8:15-8:45am Fellowship Service

8:30-9:00am Credentials

9:00-11:30am Annual Business Meeting/Elections Meeting

11:30-12:00pm Meet and Greet with Past National Presidents – *Come and get to know the Women who have served us in the past 40 years*

12:00-3pm Luncheon/40th Anniversary Celebration

3:00-3:30pm Speaking Competition

3:30-4:45pm Incoming 2025-2026 National Staff Meeting

4:45-5:15pm Incoming 2025-2026 Board of Directors Meeting

5:00-5:30pm Ambassadors Reception

5:30-6:15pm Ambassadors Meeting

6:00-6:30pm Social Hour/DVA Luminary Walk

6:30-10:00pm Awards Banquet

10:15pm Reception in Presidential Suite

Schedule is subject to change

1/4 page ad= \$10

Full page ad price = \$20

Ads are available in the USWT Year-End 2025 Convention Booklet. This booklet will feature letters from the national president, hosting chapter president, and hosting chairs; event schedule training session listing; meeting agendas and minutes; and other information. All attendees will receive a booklet, so it's a great opportunity to reach our members across the nation. You can use this ad to thank someone special, inform attendees of your upcoming events, or give them an inspirational message. The following ad sizes are available: full-page for \$20, half-page for \$15, or quarter-page for \$10. All ads may be in color and need to be formatted as you want them to appear, then sent electronically as a PDF file.

1/2 page ad= \$15

Please contact chardwt@gmail.com to order or for more information. **Ads must be received by June 1, 2025.** Payment for ads should be made out to "Duluth Women of Today" with "USWTYE2025 booklet" in the memo line, and mailed to Duluth Women of Today, PO Box 16756, Duluth MN 55816.



US Women of Today Ambassadors

Do you know any deserving Women in your chapters or States who have:

- Donated their time
- Ran and participated in projects
- Held leadership positions
- Shared their talent by mentoring (this is just a few things to think about!)

If you do, consider recognizing and honoring them as a United States Ambassador!

What a perfect time as we celebrate our 40th Anniversary as an organization!

Qualifications are:

- A member for 5 years
- Attended 50 percent of their local meetings
- Attended 50 percent of their state meetings
- Attended 1 United States Women of Today Convention

The nomination can be found on the USWT website:

About USWT: USWT Ambassadors

You need to fill the form out, get some signatures, a couple of seconding letters and email them to cindy.sanders@gmail.com

Due date for Annual Convention is May 23rd.

If you have any questions or need any help please contact Cindy at 612-816-8378.

Arizona Women of Today

Chugging along with Heart

Hi all from Sunny Arizona,

Winding down for the summer our chapters have been busy.

Valley of the Sun Women of Today AZ has had their last meeting for the year. According to their newsletter they were going to vote on the donations they wanted to make. They had visitors and a new member join them at that meeting also.

Wild West Women of Today had a great time painting ceramics at a place called As You Wish and held their meeting there as well. Then they had a meeting and created Easter Hats and wore the hats out to lunch to the Black Bear Diner. Their next meeting will be in May for the Annual Cinco de Mayo meeting and tacos.

We will be having our final State Meeting on April 27th in Tempe and hope to have a great time and elections at that meeting.

Both chapters plan to have representatives at the National Convention in Duluth in June.

Hope to see old friends and new ones there celebrating Women of Todays 40th Anniversary.

Pat Saulina AZ President

Chugging along with Heart



Hello USWT Friends,

Spring has finally sprung in Illinois. By the time you read this article the Pawnee Chapter will have hosted our April All-State Meeting. We celebrated successes from the past year and planned for the year ahead as we celebrate 40 years of Women of Today. The weekend started with a social gathering at the local iconic Old Lux restaurant. The food is always delicious and the company is also great! I also can't believe that we will be in Duluth with all of our USWT friends in a few short weeks.

The IWT chapters have remained busy with meetings, social gatherings, and volunteer/service projects. Pawnee welcomed a Health & Wellness speaker in March and lots of good information was gained. They are also planning a Mother's Day Bake Sale in May. Springfield continues to do amazing things with Operation Christmas Child and just finished a fundraiser with our local Texas Roadhouse restaurant. Lincolnland, Crystal Lake, Havana, & Glenview are also going strong supporting their communities in great ways.

I am certainly excited and looking forward to our trip to Duluth. Several Illinois members will be in attendance and we are looking forward the social cruise. I am also excited to be running for USWT Secretary for the 2025-2026 year. I currently serve as Secretary for my local chapter and have done so at the state level in the past. I am excited to take this next step in my USWT journey as we work on "Preserving our Minutes".

As I am writing this article, our daughter has left on her Senior Trip to visit Orlando, Florida. May is going to be a busy, busy month for our house. All of the senior events are quickly approaching and not sure this momma heart is ready for it. Senior Prom, Baccalaureate, Senior Walk at the school, Academic Awards Banquets & Ceremonies and finally Graduation. We are so proud of the young woman that she has become and look forward to her next chapter as she studies Nursing at Southern Illinois University-Edwardsville. She will be part of the John Martinson Honors program and has received a 4-year Provost scholarship which will cover her tuition costs.

We are looking forward to seeing many of you at Year End in Duluth. Wishing everyone a safe and fun spring season!!

In Kindness,

Aimee Kaiser

Illinois Women of Today President 2024-2026



As we look forward to our Year-End Celebration in Duluth, I want to take the time to say thank you to all who have helped me over my two-year term as Iowa President. I had a great time catching up with everyone I know and getting to know some new people in the Women of Today also. While we are missing a few that we will never forget and I am excited to see some new faces join our organization also.

In May we will be holding our Iowa State meeting where we will be voting in a new board and Iowa President. I am hoping to see a few new people on the board while utilizing our veteran members also. Iowa is small but mighty and I look forward to handing off the reigns to the next Iowa President who will do great things over the next two years.

I want to thank USWT Presidents Jane Hanson, USWT Tracey Pierson, USWT Cindy Umland and their staffs for coming to our Iowa State meetings throughout the years and showing your support for Iowa Women of Today and United States Women of Today. I also want to thank Nebraska Women of Today for coming to the Iowa State meeting in Spencer on that freezing day.

It is truly an honor to have served and I am looking forward to the future of Women of Today across the United States. Happy 40th!

Jennifer Lantz

Iowa Women of Today President

Dream Believe Shine





Greetings from Massachusetts,

MAWT have been committed to supporting our communities and have raised thousands of dollars in the course of the year. Events such as Comedy Nights, Santa Claus visits, Daughter and Son Dances, Quarter Auctions, Style Swap, Easter Bunny Projects, Touch a Truck, Bowl-a-thon for DVA, Cake & Pastry Sales and several other projects provided a great base for charity and community based donations.

Although we have worked hard this year, our chapters have shared of themselves and the chapter's funds to make their communities a better place. We have been able to support local charities and families, Senior Centers & their members with monetary donations as well as a touch of kindness, offer scholarships to graduating high school students, supported local food pantries with food and monetary donations, collected HBA items for shelters, supported those in need during the holidays with gifts and meals and we supported our Police & Fire Departments with monies, items and baked goods to keep a smile on their faces. Although many of our donations are unreported, those who have benefited from the kindness and generosity of their local Women of Today Chapter are thankful for the support.

We have been actively recruiting new members and working hard to retain our valuable membership base. Exciting membership events such as Eat Cake where prospective members were invited to share in tasting and judging a variety of cakes made by members and various local area bakeries. Or, a chocolate tasting event for a variety of delicious experiences. We are definitely **MOOVING to New Heights in Massachusetts** as our membership has continued to grow to numbers that are the highest we have had in years.

Members have also taken time to have a little fun with events like a Girl's Night Out to enjoy dinner and a show, wine tasting, self-help seminars, holiday parties with gift swaps, cooking lessons, book clubs, game nights, concerts, movies, coffee and conversation and retail therapy. We enjoy our community service but also take time to enjoy the friendships that have occurred because of the bond we have formed with other members.

Chapters are working together in preparation for the upcoming USWT Mid-Year Convention in October 2025. Plans and details are being coordinated and shared. Excitement in the planning and preparation have been contagious and bringing together more members willing to experience the state and national level of the Women of Today.

Thank you to all of the Massachusetts Women of Today for the support and trust provided to me this year. I have enjoyed sharing my cow bells and enthusiasm for this wonderful organization.

Julie Hutchinson, MAWT President

MOOVING to New Heights in Massachusetts



Happy May Ya'll from Minnesota!

It has been a great year in Minnesota and we are looking forward to CELEBRATE all of our collective successes in Duluth in June. A few highlights from this year in Minnesota include hits in Membership, Programming and so much more.

June - MNJOTS training for the full Executive Council, traveling to Iowa for USWT Annual Convention, district meetings, chapter President & MVP zoom chats

July - Melrose Area chapter celebrates 20 years and MNWT with USWT at the I35 Bridge for Founders Day

August - President/State Delegate retreat, outreach to Iron Range and Kids Week

September - Duluth chapter celebrates 20 years and MNWT welcomes USWT Staff to Fall State Convention

October - Iron Range chapter charters, district meetings, chapter President & MVP zooms

November - Mid Year Executive Council retreat and new New Member Orientation

December - Launch of new website

January - Celebration of 75th Anniversary at Winter State Convention

February - Day at the Rink - MNWT attends the MN Frost PWHL game

March - March Planning & committee meetings, district meetings, Regional Meetings and President and MVP zoom calls

April - True Friends Bunkhouse clean-up, MNWT Day of Service, Local Officer Training Sessions for 25-26 chapter officers

May - Annual Convention to elect new officers and celebrate achievements in programming, membership and fundraising including a pie in the face for Tevyan

It has been an incredible year. This has us all ready to party with all of you in June at the USWT Annual Convention in Duluth. We look forward to welcoming you to Minnesota! We are wishing you all the best and love hearing what you are doing!

In friendship,

Tevyan Sorensen

MNWT State President 2024-2025

president@mnwt.org

mnwt.org

Hi Everyone!

Missouri is preparing for our year-end meeting being hosted by our Kirksville chapter. We are looking forward to having several national officers in attendance. We will hold our elections and hopefully have a full slate by the end of the day. The director of our local food pantry will be presenting information about the pantry and their good works over lunch, and we are using a basket raffle to raise funds to donate to the pantry while the director is present. If you have any interest in contributing to the fundraiser and either you or someone you see often is attending the national meeting in Duluth, I'll deliver your winning basket(s) to you! Tickets are \$1 each or 6 for \$5. Just contact me if you're interested 😊. Email is ashernanc4@gmail.com and cell # is 660-216-0056. Several Missouri members plan to attend the year-end USWT meeting in Duluth and we look forward to seeing many of you there!

Nancy
Missouri Women of Today





Cherish Our Dreams

Maxine Turner
Nebraska State President

Nebraska chapters have been busy during the third trimester. Our chapters have had many service projects, socials and other fun activities.

They also have been busy in getting their competition forms in to prospective vice president, and Chaplain/PD Program Managers besides their certification forms

As Nebraska president this year, I decided to step outside of the box and offer some type of seminars through zoom. In the past three months, we have held Trivia (orientation of Women of Today), Confidence and Positive Attitude. We have always had four (4) chapters out of six (6) participate in each seminar.

Our state members are looking forward to seeing all our friends at USWT National Convention in Duluth, MN in June!



Be a Guiding Light – Volunteer

NEW JERSEY WOMEN OF TODAY

Diane Stanaway- President

New Jersey continues to move along sharing community activities and friendship. The Central New Jersey chapter shares a monthly breakfast or dinner meeting. We participate in activities in the community and fund raisers.

Jackson continues to serve the community with operating the Food Pantry.

New Jersey will be discussing some revisions on the State Board. I will update after we have our meeting in May.

I hope everyone enjoys the convention. I will miss attending.

I wish everyone a wonderful summer.

Hugs, Diane



Living and Learning in the Sunshine

The North Dakota Women of Today continue to live and learn in the sunshine. Since mid-year we have welcomed Nancy, Jasmine, Megan and Laticia into our chapter. This means we grew by one. I have had 2 inquires about our organization and I will follow up on those.

We have a new board for the first time since the dinosaur era. I am no longer president, Edith is no longer secretary and Holly is no longer treasurer. We are looking forward to being just members. Lenore will be our president, Samantha our vice president and Megan is secretary. Because we don't have a treasurer, Lenore and Samantha will share the role. Megan is taking us into the technological era. She's even talking about setting up Zoom meetings for those members who can't attend physically.

Our Christmas giving tree was a huge success. We had more children in more families than we've ever had before. The joy that we have in helping families have a better Christmas is tenfold. The support of the community is always overwhelming. Our Easter egg hunt was also a success. We also had one of our biggest fundraisers the end of April when we served concessions for the Home and Garden Show – member involvement was terrific.

Lenore is leading us forward with the theme of "Be a Blessing".

Pat Fern

President Stanley and NDWT



Greetings from Pennsylvania



Spring has sprung here in Pennsylvania and our chapters have been busy serving their communities.

Our next State meeting is being hosted by our Dover chapter on April 26th. This trimester, we will be collecting food and personal care items for the Catholic Harvest Food Pantry of York.

Together, we continue to add new members and are working hard on maintaining our 100% retention!!

Our Dover chapter continues to provide monthly bingo at a local nursing home. They are holding their annual I&A banquet, held a Peanut Butter Easter egg fundraiser, and have donated funds to a local park's storybook trail .

The Lititz chapter members are finally meeting again and are currently working on their annual scholarship nominations.

The Northeastern chapter continues to provide a monthly baked goods and craft day for an assistance living center. For Easter, they handed out special treats and cards to all the residents. They provided fruit baskets for local shut-ins, goodie baskets for poll workers as well as local fire and police departments.

The Womelsdorf chapter members held several successful projects that include men's appreciation dinner, a community egg hunt, an adult in the dark egg hunt, a community bingo night, sandwich sales and provided a free community meal at a local church. They are currently planning their annual carnival, kid's fishing derby, and both a car and vendor show.

We currently have 6 members traveling to Annual Convention. We cannot wait to celebrate our 40th year with everyone! See you all soon!

Greetings of Spring USWT!

As we round up our last projects for the year and get ready for our Year-End Banquet SDWT have had a busy fulfilling year with all projects more prosperous than last year! We are very grateful to our wonderful community and the great support that we receive from all! Last Saturday was our first Pet Clinic for the year and we will do another in August, and then get ready for City-Wide Rummage and Jamboree Celebration. Then July and August are much more quiet as every member enjoys the summer family activities. Congratulations USWT on our 40th Anniversary and looking forward to celebrating with everyone in Duluth!

Roxy Whalen

SDWT

