

# TODAY'S LEADER



Tracey Pierson  
United States  
Women of Today  
2023-2024 President



*In this issue:*  
Membership News  
Programming News  
Yearend Convention  
Information

Greetings to all my Women of Today Friends:

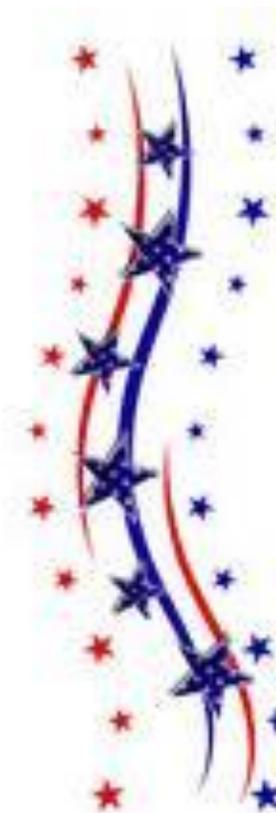
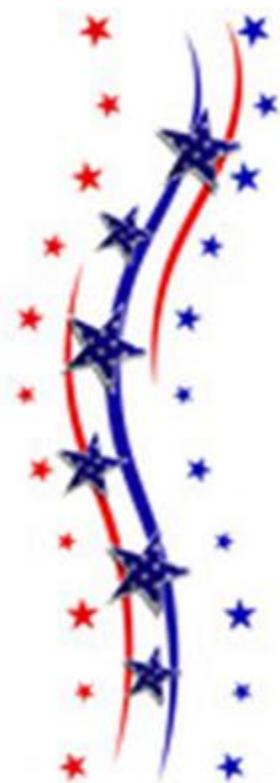
Thank you to all those that attended midyear in Omaha, NE, it was great seeing old and meeting new friends. I cannot thank the Nebraska Past National Presidents for the wonderful convention. I have heard so many compliments about what you had planned. On Thursday the tour of Open Door Mission Lydia House, WOW I have never seen a shelter that big in all my 19 years of being a member and they don't get federal funding. Friday, we had our forums with Membership and Programming Teams, playing Jeopardy and the game of Life, it was so fun to be on a team of first timers and to see them shine with the knowledge they knew with the questions that they were asked. Friday night party Open Door Mission Lydia House Halloween bags, Style Show and along with USWT Treasurer Jane Hanson playing a very fun membership activity Singo and drinks with friends, what a way to kick off midyear convention. Saturday all the recognition with awards handed out, a new inductee into the Ambassadors, Laura Bentley from New Hampton, IA. I was very honored to receive a flag that was flown over the United States Capital on August 1 for Women of Today week and was presented to me by the Membership team but a special thank you to Shellie Matthes our USWT PR director that came up with the idea.

I'm sure some of the awards have been handed out and others will be soon, when you hear those awards announced and think, I did do 15 things to certify in Wellness and Personal Development, but did you fill out the form? What about steps? Did you sign a new member and do all the other requirements but not fill out the paperwork to get certified. What can the staff do to help you succeed and get the recognition you deserve.

I am getting ready to visit Hartford, South Dakota on 10/28 for their Craft Fair, then leave on 11/1-11/5 for Pennsylvania State meeting and weather permitting 11/10-11/11 Stanley, North Dakota. I can't wait to visit your states and get to meet new friends. Keep up the great work!!

I'm thankful this Holiday season for spending time with my family and friends and that includes my Women of Today Friends, because if it wasn't for you, I won't be in the position I am now. Happy Holiday's.

In Friendship,  
*Tracey Pierson*  
President



**LAURA MORRIS - CHAIRMAN OF THE BOARD**

CONTACT: [cob@uswomenoftoday.org](mailto:cob@uswomenoftoday.org)

“Keep Inspiring”



**WANTED:**

We still need a place to hold Midyear 2024! Please consider hosting as a state or chapter. While we are at it, we also need someone to host Annual 2025. The contracts and Convention bid forms are available on the website [USWomenofToday.org](http://USWomenofToday.org) under Awards & Resources, Forms & Manuals, just scroll down to the Chairman of the Board section. Please feel free to reach out to me with any questions at [cob@uswomenoftoday.org](mailto:cob@uswomenoftoday.org).

Congratulations to Terri Sherman of Nebraska Women of Today. She was approved at the Midyear Board of Directors meeting for a 3-year contract to continue our Dues Billing. She is a Past National President and has been doing the Dues Billing for more than 20 years.

I have committees getting started with working on reviewing the Book of Forms, with reviewing the Annual and Midyear Contracts and policies, as well as reviewing manuals for Membership, Public Relations and Extensions. If anyone is interested in working on any of these, please drop me an email. I would love to have more help and input.

How would you like to have the opportunity to INSPIRE members from across the nation? I am looking for INSPIRATIONAL individuals who would love to serve on the National Staff. This is your moment to shine and BELIEVE IN YOURSELF. Please reach out to me, and only me if you are interested.

Thank you to the Past National Presidents from Nebraska for hosting us at Midyear in October. I know everyone really had a great time. It was great to see so many of you! Now we can look forward to Annual in Des Moines in June!

Please reach out to me if you have any questions. [cob@uswomenoftoday.org](mailto:cob@uswomenoftoday.org)

In Friendship,  
Laura Morris, COB



Mary Hanson  
 USWT Parliamentarian  
 Parli@uswomenoftoday.org



Hello fellow Women of Today Members and fellow Parli's

I hope that you are having a wonderful year so far and have gotten off to a good start. For those of you that attended the Mid-Year Convention it sure was a blast. My favorite memory will be the support my "deputized" parli's and committee members gave me at the fashion show.

Women of Today creates many memories for a variety of reasons. One thing that my local chapter does is put together small care packages for a retirement home in our community. This home is for retired nuns and their care packages are distributed on "Saint Nick's Day". Their most requested item for these care packages is "Fiddle Faddle" – a type of caramelized popcorn. What memories do you have – this would be a great icebreaker for your chapter.

**My 2nd Trimester challenge is for you to send me a copy of your chapter, district and/or state By-Laws and/or policies.** I really learn a lot about this organization when I see how everyone does some things differently.

Mary Hansen – USWT Parliamentarian

Just for fun (and an incentive if you email me your answers) - share with your chapter members.

**By-Law or Policy??**

1. The name of this organization shall be the United States Women of Today, therein may be referred as U.S. Women of Today or USWT.
2. Vacancy – In the event the position is vacated during the year, the President shall fill the position by appointment with approval of the Executive Committee.
3. Dues Billing – The contract shall be open for bids and negotiated every three (3) years by a select committee starting in 1998-1999.
4. The official name of the USWT national newsletter shall be "Today's Leader."
5. A candidate must submit the following: Candidate Filing Form, letter of state support, a budget, and a plan of action to the Chairman of the Board.
6. Representing the wishes of the members of the respective State Member Organization, the Board of Directors shall have general control of the affairs of the U.S. Women of Today.
7. Operation Manual changes shall be reprinted and distributed to each Local Organization through a state contact at the Annual Convention.
8. Voting delegates will be assigned to states on a proportionate basis according to the membership of each state on record as of April 30 of the current year.
9. The rules contained in the current edition of "Robert's Rules of Order, Newly Revised," shall govern the organization in all cases to which they are applicable and in which they are consistent with these bylaws and any special rules of order the organization may adapt.
10. Secretary—Shall be responsible for the National Directory and its distribution.
11. No member of the U.S. Women of Today shall have the authority to release any or all of the information contained in the U.S. Women of Today directory to anyone outside the organization without the approval of the U.S. Women of Today President.
12. Only current State Organization Members in good standing shall be eligible to vote at any meeting of the organizations' membership and/or committees.



**Jane Hanson – USWT TREASURER**

CONTACT: [treasurer@uswomenoftoday.org](mailto:treasurer@uswomenoftoday.org)

Dear Treasurers

As we approach the months of Thanksgiving and Christmas, I want to wish you all holidays filled with family and friends. In my house every Christmas Eve, we had a very traditional Norwegian meal. The first course was cooked rice called Grout, the second course was roast beef and pork with all the fixings, the third course was Lutefisk, lefse and potatoes. Then of course all of the Christmas baking! It was so nice to meet many of you at midyear convention. I will be visiting several states in November and will bring the national store with me. Please reach out to me if there is anything that I can do to help out. Hope to see many of you in Des Moines for yearend.

**FILL UP MY GREEN POT WITH “GOLD”: \$1,161 Raised so far!**

- ❖ As you know, dues don't cover the entire budget and so additional fund raising is necessary. A major focus of mine will be to encourage ways and means donations from individual members, chapters, districts/regions and states. This will be an entire year promotion.
- ❖ For each donation, you will be put into a drawing for \$50 in cash at annual convention.
- ❖ Donations can be sent using Venmo...@jane-hanson-26 or by check.



The finance committee has approved use of my personal Venmo account for payments.

**SUCCESSFUL FUNDRAISERS AT MIDYEAR CONVENTION:**

- A huge thank you to all who supported ways and means at convention.
- SINGO – musical bingo was held on Friday night and with the beverage donations raised \$494. If you would like the step-by-step guide to run your own SINGO night, email me and I will send to you. It was so much fun!
- The Raffle on Saturday raised \$275.
- The Wine served at the banquet raised \$174.50
- The national store pretty much sold out of everything and raised \$658. I will be restocking items AND bringing new tote bags to the store.

**FUNDRAISER FOR YEAR END:**

We will be selling Walnut Grove Mercantile fudge and caramels. We have sold this in MN for years; the fudge is always great but the caramels sold in a box are fabulous. Watch for order forms coming in January. Orders will be taken and will need to be paid for when ordered. My goal is to sell at least 100 boxes which would be a profit of \$400.



Happy holidays to all,

*Jane Hanson*

# Support President Tracey



T-Shirts are available in Men's and Women's Sizes in Green or Grey!

Men's Long Sleeve Shirt and Hoodie Available in Green or Grey!

*The next Ordering Window will be open on November 1-30. The last window for ordering will be April 2024. These will make great Christmas gifts!*

Order shirts online and have them shipped to you (charges will apply) or mark them as pick up and President Tracey will pick up and bring to Yearend convention in Des Moines OR Minnesota Winter Convention.

Click on this hyperlink or copy into your address window:

<https://uswtfall2023.itemorder.com/shop/home/>

New link for ordering shirts

**Costs:**     **\$22 (all sizes) - T-Shirts**  
                  **\$25 (all sizes) - Long-Sleeved Shirts**  
                  **\$30 (all sizes) - Hoodies**

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

If you have any questions or issues, please contact Jane at [treasurer@uswomenoftoday.org](mailto:treasurer@uswomenoftoday.org) or President Tracey at [president@uswomenoftoday.org](mailto:president@uswomenoftoday.org)



### SUE BEATTIE - SECRETARY

CONTACT: [secretary@uswomenoftoday.org](mailto:secretary@uswomenoftoday.org)

Celebrating our first trimester successes in Omaha, NE, was fun. Thank you to our host for making everyone feel so welcome! It was also great to recognize the wonderful work of our Secretaries and Newsletter Editors.

- ✧ Secretaries: When motions are presented, the comments made during discussion are NOT recorded in the minutes. Also, motions that are withdrawn are NOT recorded in the minutes.
- ✧ Newsletter Editors: be sure to stay positive in your newsletters and grab your readers' attention through some creative wording.

Please continue to send me your state and chapter minutes and newsletters. It's fun to learn what other chapters and states are doing.

My next challenge is for secretaries and newsletter editors to send me 2 (two) tips that have helped you in your position this year. I will put everyone that sends me tips into a drawing to be held at the yearend convention in Des Moines, IA.

Since we all seem to live such hectic lives, the best part of the upcoming holidays for me are the family (that includes my Women of Today family) get together. I'd like to take this opportunity to wish each and every one of you a safe and happy holiday season!

*Sue*

### Thanksgiving Trivia

Questions:

1. How many calories on average are consumed, per person, at Thanksgiving dinner?
2. Who was the first President to pardon a turkey?
3. How many women were at the very first Thanksgiving celebration?
4. Which President made Thanksgiving a permanent national holiday?
5. What Native American tribe celebrated the first Thanksgiving with the Pilgrims?
6. Black Friday is the biggest day of the year for what trade profession?

Answers:

1. 4,500
2. John F. Kennedy
3. Five
4. Abraham Lincoln
5. The Wampanoag
6. Plumbers





**CATHY SNYDER - MEMBERSHIP VP**

CONTACT: [mvp@uswomenoftoday.org](mailto:mvp@uswomenoftoday.org)

### Greetings United States Women of Today

Wow Thank you for a great 1st trimester. Thank you for getting your renewals early. That brings me to 2nd trimesters challenge. I am Challenging you all to get your renewals in to me by December 20<sup>th</sup> and your State will be entered in a drawing for a gift card.

I was asked to tell you about one of my Holiday memories. I have many but one that sticks with me is when I was 10 years old, we came home from church from a Christmas program, and we had all gotten a new bike which was under the Christmas tree. It was the best Christmas for all of us.

### **I would like to share a few numbers from 1st trimester,**

1. We started the year with 1500 members we ended the 1st trimester at 1495.
2. I received 1 step.
3. We had 340 members who renewed their membership.
4. We had 81% retention.
5. I received 9 fast starts.
6. I received 27 friendship certifications.
7. I had 1 state with 100% Retention. Congratulation New Jersey
8. I had 1 gold chapter. Congratulation St. Cloud, Minnesota.
9. State with the highest Percentage was Massachusetts.
10. The chapter with the highest percentage was Warroad Area, Minnesota.

I want to Wish you all a Merry of Holidays and be good to each other and celebrate with your loved ones. And make your own memories and hold on to them.

In Friendship,  
Cathy Snyder  
Membership Vice President  
2023-2024

**JOANN MILLER - EXTENSIONS DIRECTOR**

CONTACT: [extensions@uswomenoftoday.org](mailto:extensions@uswomenoftoday.org)



**Why do an Extension?**

- It is fun!!!  
You do an extension because it is fun to share with others what you value and enjoy.
- Make the world a better place.  
The lives of the women who join the new chapter will be enriched just as your life has been enriched. Their community will benefit as well from their service to local needs.
- The process will help you!  
You will wear many hats in this process as you recruit and orient new members, contact media, lead meetings, arrange for speakers, help things run smoothly, train leaders, and help plan the future for a new chapter.
- Assure the future of our organization.  
This organization's strength comes from strong chapters with enthusiastic members. Consequently, we need to build our chapter base, both by helping existing chapters grow strong and by establishing new, healthy chapters.

*JoAnn*

**Spread the Word**



**SHELLIE MATTHES - PR DIRECTOR**

**“Spread the Word”**

CONTACT: [pr@uswomenoftoday.org](mailto:pr@uswomenoftoday.org)

WOW! Mid-Year Convention was a great celebration of everything wonderful that our organization is doing in our communities to make a difference! Hopefully, you enjoyed the forums, service project and fashion show!

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

We had 8 first timers and they did not make it easy. Lots of signatures and stickers to count. Thank you to my helpers that assisted in tabulating the books.

To see pictures and video from convention, please check out the [USWT Administration Facebook page](#). If you haven't already joined/followed this page now's your chance! You do not want to miss any news/updates.

**CHALLENGE AHEAD:**

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

Crystal Lake, IL

St. Joseph, MN

Rice, MN

White Bear Lake, MN

Stanley, ND

New Hampton, IA

New Hope, MN

Coon Rapids, MN

Fremont Area, NE

Heartland, NE

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, 2024. I might even add in a special gift for those that complete Tri 2.

If your chapter was unable to submit the form for Tri 1, do not fret! You can still turn in the form for Tri 2 and Tri 3 to be recognized at Year-End convention. You can snail mail the form to me or scan and via email.

The organization that the Iowa WT chapter selected for the Buckets of Sunshine for 2024 was announced at Mid-Year. The organization is Children & Families of Iowa. 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 2024 Facebook for the latest updates, challenges and if you answer the questions posted, you have the potential to have your convention registration fees returned!

I wish everyone a wonderful Thanksgiving, blessed Holiday season and best wishes for a healthy and prosperous 2024.





## CONTACT

@ pvp@uswomenoftoday.org

641-229-0022

Google USWT

**New Hampton, Iowa**



Challenge for you:  
Submit a Project  
Library to me by end  
of 2<sup>nd</sup> trimester and be  
entered into a  
drawing at annual.

## PROGRAMMING VICE PRESIDENT

### LAURA BENTLEY

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#### HOW ABOUT THAT MID YEAR IN OMAHA!

We are so thankful and blessed to have had so many wonderful members join us for the 2023-2024 mid-year celebration. Thank you to the Past Presidents of Omaha for hosting such a great filled event. Exciting numbers are as follows for community connections.

- 62 members/chapters/states submitted a community connection.
- 13,521 hours donated in those communities by members of Women of Today.
- A grand total of \$162,117.08 raised to support those communities in one way or another!

To be humbled by these numbers is an understatement. You are all working for the betterment of the communities of which you serve. I hope you are standing proud of your accomplishments. Continue to serve where you feel you are needed and remember that you are making a difference in people's lives even if it just 1 person. Thank you for all you do and continue to do.

Onto other news. It is definitely fall time in Iowa. It went from an Indian summer to rain and cold temps. My favorite time of the year is summer, so this cold is not something I am looking forward too. However how do we get through something that we don't necessarily like? For me it is a time for me to deep clean my kid's clothes and toys. Preparing for the upcoming holidays. It is a time for me to slow down in some areas and go full speed into other areas. It's a balancing act. I am curious what you do when you don't necessarily enjoy a specific time of year. Email me your response and beginning a conversation with me about that. This is how friendships and inner circles can bloom. I would be blessed by your friendship. I look forward in hearing from you.

I encourage you to submit your project library. This will aide in other chapters in obtaining ideas to get fundraising or M-Event ideas. Encourage and strengthen your WT mate.

You can find us o Facebook as USWT Programming Page.



# United States Women of Today

## Project Report Form

The Project Report Library is designed as a way for chapters/districts/states to share projects, events, fundraising ideas, etc. with other United States Women of Today (USWT) chapters. Submitting a one-page report on projects that were outstanding can help other chapters, who are often looking for new ideas/projects to keep their chapters energized. Project Report forms are submitted to the United States Women of Today Programming Vice President. To be completed by the project chairperson and submitted to USWT Programming VP for Project Report Library, with copy kept by chapter/state/district. **Please fill in chapter/district/state information**

CHAPTER \_\_\_\_\_ DISTRICT \_\_\_\_\_ STATE \_\_\_\_\_

PROJECT NAME: \_\_\_\_\_

### TYPE OF PROJECT:

- INTERNAL (membership drives/socials/awards/public relations/personal enrichment)
- WAYS & MEANS (raise funds to operate state or chapter: monies raised goes into general fund)
- COMMUNITY INVOLVEMENT (FUNDRAISING): (money raised for another organization or specific community service project)
- COMMUNITY INVOLVEMENT (NON-FUNDRAISING): (projects run within community for betterment or education)
- CHAPTER PUBLICATIONS: (includes Plan of Action, chapter/state newsletters, and membership handbooks)

Purpose/Goal of Project: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Start Date of Project: \_\_\_\_\_ How long did it take to complete \_\_\_\_\_

Description of Project \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Total number of members needed to complete this project \_\_\_\_\_

Budget: Income: \_\_\_\_\_ Expenses: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**JULIE HUTCHINSON - DOMESTIC VIOLENCE AWARENESS PROGRAM MGR**CONTACT: [dva@uswomenoftoday.org](mailto:dva@uswomenoftoday.org)

I would like to thank all of you who supported and promoted DVA during the National Awareness Month of October. I've enjoyed your photos on our Facebook sites and look forward to hearing from you and learning on how your chapters participated. Please complete the DVA Transmittal form either online via the USWT website or by sending it to me attached to an email, snail mail or by including the information in an email. I would like to recognize each one of you as a supporter of DVA.

As Women of Today, we all belong to the WT family and family is what this upcoming holiday season is all about. We will soon be celebrating Thanksgiving and then Christmas with our friends and loved ones. I cherish the memories and ability to share and make new memories with my family. As the years go by, I find myself shifting my focus more towards family and being together rather than trying to outdo the previous year's gift giving. Now that my family is older, we all enjoy getting together for the pleasure of the company and of course, the good food. We are blessed and have decided that Thanksgiving is our favorite holiday because the focus is not on what's in the next beautifully wrapped box or gift bag but on being thankful and being together.

But, for some – the idea of sharing time with their abusers and putting on a brave face for the rest of the family can be almost impossible. You may have a family member or know of someone who is in that situation, please be there for support and give assistance if asked. The next few months can put an additional stress on a tenuous family situation which can result in an increase in domestic violence. Please keep DVA on your chapter's agenda as the need for support will be greatly needed as the following excerpt from an article provided by WAC "Women Against Crime" states:

**Domestic Violence and the Holidays: What You Should Know**

On the night before Thanksgiving, 911 dispatchers in Albuquerque got a call regarding an unresponsive woman. When the ambulance arrived, Nicole was pronounced dead at the scene, with suspicious marks on her neck and face that denoted beating and strangulation. Her boyfriend, Francisco, who had made the call to 911, was arrested for murder and tampering with evidence.

Unfortunately, this true story is all too common, especially in Albuquerque. Women often experience domestic abuse or violence on or around major holidays, including Thanksgiving, Christmas, New Year's, and even Super Bowl Sunday. Many victims are unable to escape, despite the holidays being a time of family reunions, warm conversations, and generosity.

According to statistics, domestic abuse increases over the holidays, for a number of possible reasons:

- Stress from holiday shopping, finances, and planning can aggravate volatile personalities.
- Abusers are more likely to partake of alcohol or drugs when they don't have to work.
- Simple opportunity: abuser is more likely to be home alone with their victims than at other times of the year.

Please continue to support DVA, we can make a difference.

*Julie Hutchinson*

USWT DVA PM

[DVA@uswomenoftoday.org](mailto:DVA@uswomenoftoday.org)



**LOVE SHOULDN'T HURT**



# United States Women of Today

## Domestic Violence Awareness Transmittal Form

Each educational, fundraising, or service project for Domestic Violence Awareness should be submitted on this form. Make three (3) copies of this form. Maintain one copy for your chapter files, send one copy to your State Program Manager or Project Chair, and submit one copy to the United States Women of Today Domestic Violence Awareness Program Manager as each event is completed during the year. Final submissions to be **Postmarked no later than May 1st.**

Chapter: \_\_\_\_\_ State: \_\_\_\_\_

Name of Project: \_\_\_\_\_ Chair: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Name of Project: \_\_\_\_\_

Type of Project:  Educational  Fundraising  Service Project (check all that apply)

Recipient of Donation – Name: \_\_\_\_\_

Describe:  Speaker  Shelter  DV Agency  Other

Amount Raised: \_\_\_\_\_ Estimated Total Amount of Items Donated: \_\_\_\_\_

Total Service Hours for this Project: \_\_\_\_\_ Project/Donation Date: \_\_\_\_\_

Brief Description of this Project:



**DEB MCDONALD - WELLNESS & PERSONAL  
DEVELOPMENT  
PROGRAM MANAGER**

*Wellness and Personal Development  
Challenge 2nd Trimester*

Please send me your name, chapter, and state  
If you complete  
Wellness and Personal Development certification form.  
You will receive an incentive at year end.

I have received 29 so far. Keep up the good work.

**January** is emphasis month for **Personal Development**. I will be offering a special incentive to those who certify in January remember I accept notification by web site, email, and snail mail.

If your copy is handwritten, please be sure that I can read the names.  
There is nothing more embarrassing to an officer than to give out a certificate with an incorrect name and spelling so please spell it clear so I can read.



Treat people as if they were  
what they ought to be,  
and you help them become  
what they are capable of being.  
Johann Wolfgang von Goethe

**I am pleased to announce the winners of Effective writing Mid-year competition.**

Thanks again to Terry Pronko, Cathy Snyder, and JoAnn Miller for judging.

The winners are:

1st place Terri Danner, Trumanland, Missouri

2nd place Laura Bentley, New Hampton, Iowa

3rd place Tricia Saldana, New Hampton, Iowa

Congratulations to all the entrants, it was a very enjoyable read!

Deb McDonald Wellness and Personal Development

## Everything You Really Need to Know You Learn in Kindergarten – Unless You Live Through a Pandemic

There is a saying – ‘What a Difference a Year Can Make’. That is especially true if that is a year of a pandemic. The pandemic time made worldwide changes to the way we live across the world.

In my little corner of the world, it made changes to the way I work that I wish could continue to this day. I work in a courthouse and the legal world did not stop. Initially I was the only person that worked in the Clerk's Office while a long-term plan could be designed. I learned that I was quite happy being the lone person in the office. I could manage the phone, the mail and the rare walk in without any problem. After two weeks it was decided that we could divide into teams. Team one would work two weeks in the office, while team two worked from home. At the end of the two weeks, the in-office team would do a deep cleaning of the office equipment that was used by everyone. Then team two would return to the building while team one worked from home. I learned that I could totally do my job from home and that I hate deep cleaning. Since the pandemic has ended, I have worked from Texas and Colorado and I keep saying I could do my job without being in the office. As long as I can be reached by phone or e-mail to answer questions about what needs to be done, I could do my job from anywhere with an internet connection. Unfortunately, because I am the senior clerk and we are transitioning to a new computer system and we have new people in the office those higher up the food chain seem to want my presences in the building.

During the weeks that I worked from home, I learned that my husband, who is retired, needs a hobby. How he manages to survive when I am in the office is a total mystery to me, because when I am working from home, he seems to forget how to find anything which includes the refrigerator and anything in it. So, I learned that when I retire, I need to find him a hobby – a very time-consuming hobby.

Grocery shopping is one of the things that I go into with a list and focus. I discovered that on-line grocery shopping and pulling up to the pick-up line was a great thing. I was already an on-line gift shopper and loved Amazon delivery, but groceries being able to order and pick-up is one of the best things to come out of the pandemic.

I have always enjoyed doing crafts and sewing. Two of my three daughters are artists and can be very creative. The third always brought ideas for what she needed and any mending to me. During the pandemic I discovered that if she borrowed my sewing machine, she was a mask-making wizard. She taught herself to crochet and do cross stitch. My favorite cross stitch is one she made for me. It is a Bert and Ernie from Sesame Street. Working off the Sesame Street letter of the day theme, she gave the letters for the year 2020 - WTF. I learned she was paying attention to the times I was doing her mending or creating things for her.

In the times I did need to go into public I discovered that most people are courteous and would follow masking and distance rules. I was dismayed by the number of people that did not think the masking rules applied to them. I witnessed several of them arguing with other customers or store employees about wearing a mask. It is sad that all people cannot be considerate of others with their actions and words. I learned that I could keep my opinion to myself on a hot topic issue with people I don't know.

*Continued on next page*

My daughters all work in the education field and they were very concerned about being around other family members without masks or for any length of time so we had several holidays and birthdays virtual. I learned that while cooking and cleaning in preparation for big family gatherings is always time consuming it was something I missed because it meant that we were not gathering together.

My life motto has always been "Some people live in the fast lane, I live in on-coming traffic". During the pandemic I learned that my experience of living in on-coming traffic prepared me to deal with the changes to living during a pandemic and my life was easily adjustable.

Written by Terri Danner, Trumanland, Missouri

### PUMPKIN SPICE MUFFINS

3 cups bread flour  
2 cups sugar  
1/4 cup (1/2 stick) butter, melted  
1/4 cup vegetable oil  
3 eggs  
1 1/2 cups canned pumpkin  
1/2 cup water  
1 1/2 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
3/4 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. cloves  
1 1/2 cups golden raisins  
1 cup walnuts or pecans, chopped



In the bowl of an electric mixer, combine sugar, melted butter, oil, eggs, pumpkin, and water. Beat for 90 seconds, or until well mixed.

Whisk together flour, baking powder, baking soda, salt, and spices, stirring until no streaks remain.

Combine flour mixture and pumpkin mixture. Stir in nuts and raisins; stirring only until all ingredients are mixed.

Cover batter and allow to stand at room temperature for 60 minutes.

Preheat oven to 400°F.

Fill greased muffin cups 2/3 full.

Bake for 15-20 minutes or until muffins tops spring back when lightly touched.

Brush tops of muffins with melted butter while still warm and sprinkle lightly with coarse sugar, if desired.

Submitted by CM on Cooks.com

### JOURNEY TO 2024: USWT Year-End 2024: June 7-8, 2024

We have been in the air now for five months, having flown over AZ—NE—MO—IL--PA. For the next two months we will be over the east coast: visiting NEW JERSEY (Nov) and MASSACHUSETTS (Dec). So far, we have fourteen USWT members who are following our journeys and answering the trivia questions – and thus in the running for getting their Year-End 2024 registration returned!

It is not too late to join in the fun!! The first five states' trivia information has been posted at various places on Facebook (including the USWT Year-End 2024 event page) and also in the last issue of Today's Leader. You can continue to follow the Journey to 2024 via Facebook, but here are the questions for the next two months – please email me (kentsmom86@yahoo.com) or IM me (Michele Rae Thompson) with the answers!!



#### NEW JERSEY (nov)

- \*Official State Motto
- \*State Nickname
- \*\*Who was the only US President born in New Jersey? (Bonus point: What is unique about his presidency?)
- \*\*The street names in the game Monopoly come from which New Jersey city?

#### MASSACHUSETTS (dec)

- \*Official State Motto
- \*State Nickname
- \*The first zip code in the U.S. was adopted in 1963: what was it? (Bonus point: in which city?)
- \*Basketball was invented by James Naismith in this MA city (extra points: what year?)



**UNITED STATES  
WOMEN OF TODAY  
2024 National Year-End Convention  
June 7-8, 2024**

**Come UP UP & AWAY  
With Iowa Women of Today**

♠ Baymont Inn & Suites  
Des Moines Airport Hotel & Conference Center  
6221 Willow Creek Avenue, Des Moines IA 50321

**REGISTRATION FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Fax \_\_\_\_\_

\_\_\_\_\_ Women of Today \_\_\_\_\_ Guest \_\_\_\_\_ First Timer. Home Chapter \_\_\_\_\_

Arrival: Date: \_\_\_\_\_ Means of Transportation: \_\_\_\_\_

If by air: Airline \_\_\_\_\_ Flight # \_\_\_\_\_ E.T.A. \_\_\_\_\_

Sunday Departure Time: afternoon \_\_\_\_\_

NOTE: There is airport shuttle service to the hotel (from Des Moines airport, @2 mi away)

**ROOMS ARE YOUR RESPONSIBILITY!! CONVENTION RATE UNTIL 5/1/2024**

\$114+tax per night – 1-4 people per room: **515-285-0654**

Mention that you are with the **Iowa Women of Today** meeting when making reservations.

<u>Registration</u>	<u>Advance</u>	<u>Late</u>
FULL Includes all meetings, forums and meals	_____ \$100	_____ \$115
<b>INDIVIDUAL EVENTS</b>		
Friday Night Party	_____ \$25.00	_____ \$30.00
Saturday Forums / Meetings	_____ \$30.00	_____ \$30.00
Saturday Luncheon	_____ \$20.00	_____ \$25.00
Saturday Banquet	_____ \$25.00	_____ \$30.00
	Total _____	Total _____
<b>SATURDAY ONLY</b>	_____ \$75.00	_____
	\$85.00	



**ADVANCE REGISTRATION DEADLINE - POSTMARKED BY May 1, 2024**

Make check payable to [Iowa Women of Today 2024](#) Any questions please contact  
Send registration form and check to:

Michele Thompson  
6908 Wentworth Ave  
Richfield MN 55423

Michele Thompson , Chair  
New Hampton IA WT  
kentsmom86@yahoo.com  
612-869-6320

Laura Bentley, co-chair  
New Hampton IA WT  
laurabentleywt@gmail.com  
641-229-0022

# 30 day MENTAL CLEANSE CHALLENGE

## DAY 1

Write down 2 goals for this challenge

## DAY 2

Spend time alone and reflect

## DAY 3

Dabble in a hobby

## DAY 4

Disconnect from tech for 3 hours

## DAY 5

Fix something that's been bugging you

## DAY 6

Meditate for 5 minutes

## DAY 7

Guided journal prompts for 15 minutes

## DAY 8

Brain dump for 15 minutes

## DAY 9

Digital detox: delete, unsubscribe

## DAY 10

Positive affirmations throughout day

## DAY 11

Schedule a friend date

## DAY 12

Reflect on your struggles and strengths

## DAY 13

Go to bed 30 minutes earlier

## DAY 14

Do an endorphin boosting activity

## DAY 15

Organize your closet

## DAY 16

Ask for help when you could use it

## DAY 17

Avoid complaining for the day

## DAY 18

Journal gratitudes for 10 mins

## DAY 19

Do a relaxing activity

## DAY 20

Do something for yourself without guilt

## DAY 21

Genuinely compliment yourself

## DAY 22

Make a list of your accomplishments

## DAY 23

Read about a topic you enjoy

## DAY 24

Do something that lets you turn your brain off

## DAY 25

Practice saying no

## DAY 26

Do something outside your comfort zone

## DAY 27

Open up about something on your mind

## DAY 28

Set yourself up for therapy

## DAY 29

Reflect on the month

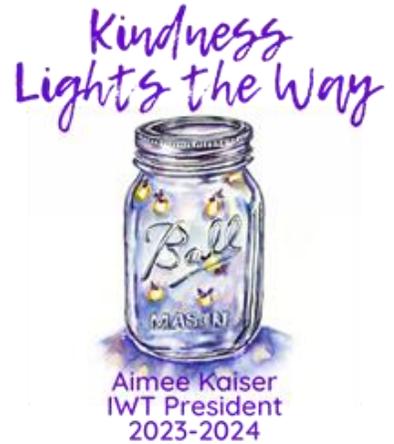
## DAY 30

Choose 3 habits from this challenge to keep

[AMBITIOUSLYALEXA.COM](http://AMBITIOUSLYALEXA.COM)

## Hello All from Illinois Women of Today,

I hope this day finds you all doing well and enjoying this beautiful fall season we are having right now. Fall is truly my favorite time of year the colors, the cooler weather, and as the leaves change colors and drop from the trees in preparation for winter. It is like the start of a new beginning that is to come in the Spring when everything grows back again. So, as we enter this very busy time of holidays, weather changes, school events, etc. I want you to consider doing this mental health cleanse challenge with me. It would be perfect to start it on November 1st as it is a 30-day challenge however you can start it whenever works best for you. I know that I need to pause each day and give my mind a break and this challenge will be the perfect way for me to do so and be mindful as I do it.



Our chapters have been busy with meetings, socials, craft making and selling, getting ready for Trunk or Treat, and lots of other wonderful activities in our communities. We are also getting ready for our November All State to be held in Springfield, IL on Nov 10 & 11. We would love for you all to join us for the “Lighting the Way to Christmas” Illinois Women of Today All State. Sending you all peaceful and kind thoughts during this beautiful fall season!

Aimee Kaiser

Illinois Women of Today President

“Kindness Lights the Way

### Christmas Jokes

1. What did the bald man say when he got a comb for Christmas?  
“I’ll never part with it!”
2. Where do Santa and his elves go to vote?  
The North Poll.
3. Why was the snowman looking through the carrots?  
He was picking his nose!
4. Why didn’t Rudolph get a good report card?  
Because he went down in History!
5. How much did Santa pay for his sleigh?  
Nothing—it was on the house!
6. What do you call a Yeti with a six-pack?  
The Abdominal Snowman!
7. What did the gingerbread man put on his bed?  
A cookie sheet!



Compiled by Emma Taubenfeld on <https://www.rd.com/article/christmas-jokes/>



### Holiday Greetings from Massachusetts,

We are all gearing up for the holiday season- On October 13 we had our Fall State Meeting hosted by the Greater Bridgewater chapter. Our Easton chapter wore their DVA custom made sweatshirts – purple with chapter name and HER FIGHT IS MY FIGHT. Lots of awards from Mid-Year- thanks Sue and Julie for bringing them back!

Chelmsford held their first DVA Bowl A Thon since 2020 – great project. Mansfield had our 10.18 GM on Thursday Eve wearing purple and bringing in personal items for New Hope our local shelter and resource center.

Easton held their 10.19 GM wearing their purple shirts- and planning spa days for local women in need. Greater Attleboro and Bellingham are getting ready for their Quarter Auctions.

The holidays bring out the best in us – or we hope they do. My favorite time during the holidays is being with my family and friends. An afternoon Tea at a beautiful mansion in Rhode Island, taking the bus into Boston at 8:30am for a New Year's Eve cruise around the harbor and celebrating a with a toast at Noon- being a senior citizen has its perks!

Helping to bring hot meals to those without families on Christmas Eve day and collecting cold meals for families that need a little help during this time. All MAWT chapters give of their time and talents at this time of year and all year. This is what makes this organization so special to me. We celebrate by giving and by enjoying each other with holiday parties.

May this special time of year be what you and your family celebrate,  
Kathy Griffin  
MAWT State President



*“I alone cannot change the world, but I can cast a stone across the water to create many ripples.”*

*By Mother Teresa*



Amy Pumper  
MNWT State President 2023-2024  
[president@mnwt.org](mailto:president@mnwt.org)  
[www.mnwt.org](http://www.mnwt.org)

## United States Women of Today Friends,

We were to share our states fundraisers in this issue. Minnesota just finished our Fudge sales at our Fall State Convention, where we work with Walnut Grove Mercantile to have members pre-order fudge that gets delivered to our state convention and can be picked up. We ordered some extra to sell at the convention and raised over \$900 in total. We kicked off our statewide raffle where the prizes are hotel stays at Arrowwood Resort in Alexandria, Arrowwood Lodge in Brainerd, Courtyard Marriott in St. Cloud, and \$100.00 cash. Only 400 tickets are being sold. Other things we do throughout the year are vendors at our conventions that donate a portion of their profits including Sheets Galore, Minnesota Nice Spice and more. Our Winter State generally has massages for a donation – who doesn't want a little bit of stress relief after a long week? Our state store also carries wonderful items that promote our organization including pens, tote bags, note cards, post cards, charms, state president mugs and so much more!

*Amy*

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Happy Fall from Nebraska!



Fall is definitely a busy season for Nebraska. Of course, Women of Today Week was in September, which was very successful. Every chapter celebrated across the state. Kearney chapter held a PEP Day in October. For those that don't know what PEP is, it's Personal Enrichment Program. It's a day of events focusing on Personal Health and Wellness. They started the day joining in a walk for Suicide Prevention, then attended a self-care education seminar, made sugar-scrubs, did yoga, had lunch, and listened to a speaker on health and wellness. Many activities can be used to certify in several H&W areas.

Nebraska Past Presidents hosted US Mid-Year Convention in Omaha, NE, which I attended. I was a first-timer and enjoyed the weekend immensely. It was wonderful to meet so many of you from other states and hear how your chapters run. I learned a lot!

Coming up on November 4th is Nebraska's State Fall Conference being held in Lincoln, where we will hand out USWT awards from Mid-Year and celebrate our state's chapters 1st trimester accomplishments. We'll have increased attendance, almost doubled, from recent years, with several first-timers. Very exciting!

Hope everyone is enjoying the wonderful Fall weather and doing great things with Women of Today!

Shellie Haun  
Nebraska Women of Today President  
"Better Together"



## Greetings from North Dakota!

First, I would like to say thank you to Nebraska for the wonderful midyear convention. I would also like to congratulate Tracy on a job Well done.

We are gearing up for Tracy's visit November 10 and 11th. We have some fun things planned including a membership open house on Friday night and a state meeting on Saturday.

Following that, we will be looking at Thanksgiving and family week followed by the Christmas season. We have already started on a big Christmas project, the Christmas Giving Tree.

While we are growing in the sunshine in North Dakota, we may be looking at Snow in the very near future.

Wishing all of the Women of today family a safe and fun winter season.

Pat Fern

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## Greetings from Pennsylvania,



It has been a wet autumn, in Pennsylvania, but it has not dampened the commitment our chapters have to serving their communities. The leaves may be falling but not our dedication.

The Dover chapter held a "Fairy Jar" craft night and participated in Boscov's friend and family fundraisers. They celebrated Grandparents Day at a local ice cream shop, where they purchased ice cream cones for any Grandparent that attended. At their community's fall event, Dover Days, they held a membership drive with an informational table. They are currently collecting items for Thanksgiving baskets, backpacks of blessings and gearing up for their annual Santa workshop.

After a few slower months, our Lititz chapter is back in the swing with having monthly meetings. They recently held a sandwich sale and sold Boscov's Friend and family fundraiser coupons. They are working on projects for both upcoming Thanksgiving and Christmas seasons. They will be hosting our visitors for the USWT staff at their November meeting, where we will be helping with a craft project for their local assistant living center.

Members of the Northeastern chapter continue to donate books for a free library as well as pet food and supplies for Speranza Animal Rescue. This month, they will be wrapping up making friendship bracelet craft kits for Caitlin Smiles. These as well as other craft donations will be presented to the founder of this well deserving organization at our State meeting on November 4th. The next few months will be this chapter's busiest with many upcoming holidays projects.

The Womelsdorf chapter recently held another car show and are busy preparing for their annual Witch's pot, where they dress as witches and hand out bags of goodies on Halloween. This is always a fun filled night! They are busy preparing for Thanksgiving and Christmas food baskets and Santa's visit around town while riding on the Fire truck.

On Sept. 30, fourteen members attended an Amish dinner for our statewide event to celebrate Women of Today Week. The food was delicious, but the friendship and fellowship filled our souls. Our 2nd trimester State meeting is Nov 3-5 at the Canna Country Inn. Our business meeting as well as several forums will be held on Saturday Nov 4th starting at 10 am. We are also collecting wish list items for Caitlin Smiles as our 2nd trimester outreach project. We are very excited that President Tracey and some of her staff will be joining us. If you are also interested in attending, please contact President Cindy for all the details.



Lastly, all the members from PA wish all of you a Safe and Happy Holiday Season.

Cindy Hilbert

## How to Make Gnome Ornaments

AUTHOR: Debbie Chapman

### Materials:

Clay pot (2-1/2 INCH DIAMETER)

Ribbon about 1/8-inch-wide

Jingle bell (1/2 INCH OR LARGER)

Chunky yarn (BEARD COLOURED!)

Wooden ball (3/4 INCH DIAMETER)

### Equipment:

Ruler

Yarn needle

Glue gun

Fabric scissors

### Instructions:

**Step 1:** Find what you need  
Gather your supplies and materials.

### Step 2:

Attach the ornament hanger  
Slide a jingle bell onto a 10-inch piece of ribbon and tie the ends into a knot.

If you don't have a jingle bell you can also use a button or large bead to keep the ornament hanger from pulling through the hole in the pot.

Push the knot down to the jingle bell and slide the end loop of the ribbon onto a large eyed needle (a yarn needle works well for this).

From the inside of the pot, push the needle through the opening.

Pull the ribbon all the way out, giving you an ornament hanger!

The bell will stop the ribbon knot from slipping through the opening.

Use hot glue to keep the bell in place inside the pot.

### Step 3:

Make the gnome's beard  
Wrap yarn around four fingers 50 times, while they're spread slightly, and cut off the yarn from the ball.

Remove the yarn from your hand and knot another piece of yarn around the center of the bundle.

Snip the end loops of the yarn, creating a rough pom pom.

### Step 4:

Attach beard and nose to the pot  
Add a line of hot glue along the inside rim of the clay pot.

Arrange the yarn so it's all facing down in one direction and push it up inside the pot.

Trim the gnome's beard! Snip the ends of the yarn so the bottoms are fairly even and the sides are shaped at a bit of an angle.

Add a dot of hot glue to the yarn and bottom ridge of the clay pot.

Press the wood ball into the glue.

Your gnome ornaments are complete!



From: [onelittleproject.com](http://onelittleproject.com)