



**Minnesota Women of Today  
2025-2026 Winter State  
President  
“Creating Ripples”**

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**Greetings 2025 – 2026 Chapter Presidents,**

It's hard to believe we're already stepping into the third trimester of the year. I'm deeply grateful for each of you and the impact you're making in your communities.

One of the highlights of my year so far has been the chance to connect with you — whether at Conventions, District Meetings, Chapter Meetings, our Monthly Zooms, or even quick phone calls. Every interaction reminds me how dedicated and thoughtful our leaders are.

Thank you as well for your monthly chapter president reports. I truly appreciate the time you put into them; they help keep me informed and moving forward together.

As we enter this final trimester, I'm excited about what we will accomplish together. This is our moment to finish the Minnesota Women of Today year with intention — by creating **positive ripples** that reach far beyond our chapters and embracing **random acts of kindness** that remind our communities who we are and what we stand for.

In these last months, I encourage each chapter to lean into the small, meaningful actions that make a big difference:

- Lift a local organization with a surprise donation, volunteer shift, or handwritten notes of encouragement.
- Celebrate your members with unexpected appreciation — a message, a treat, a moment of recognition that brightens someone's day.
- Engage your community through simple acts: leaving kindness rocks, paying for someone's coffee, or organizing a quick service project that sparks joy.
- Share your stories so your ripples inspire others — because kindness grows when we witness it.

These gestures don't have to be big to be powerful. When each chapter commits to spreading kindness, the collective impact becomes extraordinary. This is how we finish strong: by showing up with heart, choosing generosity, and reminding people that connection still matters.

Remember, I am here to support you in any way I can. Please don't hesitate to reach out anytime. I'd love to chat with you.

In Friendship, Shirley

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**2025-2026 Dates to Remember**

**February**

- 12 – Membership Zoom Celebrate Retention
- 15 – Chapter President Zoom
- 17 – Random Act of Kindness Day
- 18-24 – MNWT Membership Week
- 26 – MNWT Tri 3 Webinar

**March**

- 7 – March Planning
- 8 – State Committee Meetings
- 12 – MNWT Orientation Zoom
- 15 – Early Bird Renewals Due
- 15 – Chapter President Zoom
- 21 – Region 1 Meeting – Bemidji
- 28 – Region 2 Meeting – St. Peter

**April**

- 15 – Chapter President Zoom
- 15 – All Renewals Due for Tri
- 25 – Local Officers Training Session (LOTS)
- 27 – Tri 3 Closeout

**May**

- 2 – Tri 3 Success, Programming Report & Recognition Nominations Due
- 15-17 – Winter State Convention

Please consult the MNWT official calendar at [www.mnwt.org](http://www.mnwt.org) under **Events** to ensure that other key dates are not missed.

# A Guide for Chapter Presidents – Creating Positive Ripples

## Lead With Heart

- Share your “why” story: Inspire members by reminding them why this organization matters.
- Open meetings with gratitude: Invite members to name one thing they appreciate.
- Model kindness and calm: Your tone becomes the chapter’s tone.

## Build Connection

- Spotlight a member each month: Celebrate strengths, milestones, or contributions.
- Create a welcome ritual for new members: A handwritten note or warm introduction goes far.
- Add a 5-minute mingle: Connection fuels engagement.

## Encourage Growth

- Offer tiny leadership roles: Let members lead an ice breaker or small task.
- Celebrate progress, not perfection: Recognize courage and effort.
- Ask members about their goals: Support them in trying something new.

## Strengthen Community Impact

- Launch a service project: One small act of service per week.
- Partner with another chapter or group: Collaboration multiples ripples.
- Share stories of impact: Remind members their efforts matter.

## Inspire Positivity

- Use uplifting rituals: A kindness jar, affirmation, or ripple award
- Celebrate the fun: Joy keeps members returning.
- Keep meetings light and encouraging: Positivity spreads quickly.

## Create a Culture of Appreciation

- Send one unexpected thank-you weekly: A small gesture makes a big ripple.
- Encourage peer-to-peer recognition: Let members lift each other up.
- Acknowledge behind-the-scenes work: Quiet contributions deserve a spotlight too.

## Keep the Vision Alive

- Share a monthly ripple message: A short note in the newsletter or meeting.
- Honor traditions while creating new ones: Being open to what’s new.
- Remind members of their impact: People stay when they feel they matter.

*Random Act of Kindness Day,  
Tuesday, February 17<sup>th</sup>!*

**MNWT 3<sup>RD</sup> TRI WEBINAR**

**LIZ WEIGEL**  
SPEAKER

**TEVYAN SORENSEN**  
SPEAKER

**MICHELLE KIEFER**  
SPEAKER

**FEBRUARY 26, 2026**  
6:00PM

6:00 pm - Consent Agenda. What is it? How does it work?  
6:30 pm - MNWT Committee Meetings/March Planning. Why Attend?  
7:00 pm - Changing the Narrative on Mental Health

**JOIN US VIA ZOOM!**

REGISTER ONLINE AT [MNWT.ORG](http://MNWT.ORG)

You're encouraged to gather your chapter members and watch together. Look for the link on the [mnwt.org](http://mnwt.org) member page to register.

### MNWT Membership Orientation Zoom Thursday, March 12<sup>th</sup> – 7:00 pm

This MNWT Orientation Zoom is geared to members in their first year of membership after a chapter orientation, though all members are welcome to attend. Come and learn about Women of Today beyond your chapter and all that is offered.

### Monthly Chapter President Report

At the end of each month, please take 5-10 minutes to complete the online Monthly Chapter President Report. This goes to myself, CMVP Connie, MVP Andrea, and your District Director.

The information you provide helps us understand how things are going in your chapter and where you might need support.

Don't hesitate to reach out directly for something critical or time-sensitive; however, all other items can be included in the monthly report. I commit to acknowledging all reports in a timely manner.

**I look forward to hearing from you and learning about the ripples you're creating.**



**MNWT CHAPTER PRESIDENTS**

# MONTHLY MEETING

You asked... we'll schedule...  
Monthly Chapter President Zooms... If you have a topic you would like to focus on, send President Shirley or CMVP Connie a note.

**15<sup>TH</sup> OF EACH MONTH**

**07.00 PM**

### Which CIP for Who?

Connect these CIPs with the chapter members they are targeted for.

- **President** – President
  - **AVP** – State Delegate
  - **MVP** – Membership VP
  - **CMVP** – President and Board
  - **PVP/SPMs** – Programming VP, LPMs
  - **Marketing VP** – President, MVP, public relations/social media, newsletter
  - **FVP** – Treasurer
  - **Extensions** – State Delegate, MVP
  - **Secretary** – Secretary
  - **Parliamentarian** – Parli
  - **Chairman of the Board** – Past President
  - **Presidential Assistant** – President, State Delegate
- Committees:**
- **Future Directions** – President, State Delegate
  - **Membership Management** - MVP



"A Small Act of Kindness Can Have an Amazing Ripple Effect!"

## RIPPLE EFFECT AWARD

This certificate of appreciation is presented to:

Each trimester, your chapter can have MNWT recognize a non-MNWT person or business for their contributions to the chapter in the 2025-2026 year. This person can be anyone 18 years or older, such as a family member, friend, or someone in the community, like a business owner or city official, who goes out of their way to support your chapter. A certificate will be given to your chapter at the convention for you to award to your recipient. If you would like me to assist in presenting your award, please let me know. You can find the Ripple Effect Award nomination on the MNWT President page.



**It's not too early to start making plans for Random Act of Kindness Day on Tuesday, February 17<sup>th</sup>.**

Please send pictures and stories of your random act of kindness, the reaction you received and the difference you made. Send them to Presidential Assistant, Deb Froemming at [pa@mnwt.org](mailto:pa@mnwt.org). By participating you will get yourself in a drawing at the Annual Convention.

***"I alone cannot change the world, but I can cast a stone across the waters to create ripples."***

**~~Mother Teresa**

## Random Acts of Kindness Challenge

I love Random Acts of Kindness and believe that no act of kindness (or sparkle) is too small. The gift of kindness may start as a small ripple that, over time, can turn into a tidal wave affecting the lives of many.

Think about this... You can create positive ripples across this organization, by offering a kind word, encouraging a member, or a simple smile, because whoever receives it, passes it on to someone, who then passes it on to someone, who passes it on to someone else...

**My challenge to each Minnesota Women of Today member is to perform at least one random act of kindness each week.**

Beginning June 1st and running through April 30th, grab a little notebook/journal and record the date and random act of kindness you completed. You should have at least 48 entries (if I added correctly). Consider the impact our members can make when everyone participates!

Send your list to Deb, [pa@mnwt.org](mailto:pa@mnwt.org) by May 5<sup>th</sup>, to receive a gift and be put in a drawing for a special prize.

I'm so excited to see your ripples turn into waves....

## Tri 3 Presidential Success Bonus Points

Donate \$50 to the FVP "Ticket to Ride"

MNWT Ways and Means

(50 points – verified by CSC)

Or

Submit your Scrapbook pages by April 1st

(25 points – verified by PA)

Or

Participate in Random Acts of Kindness Day,

On February 17th

(50 points – verified by the PA)

Or

Submit a March Planning recommendation

By February 15th

(25 points – verified by COB)

Or

Call in for the Close-out Zoom on April 27th

(25 points – verified by the MVP)

(Maximum 100 points)

## Does Your Chapter Have a Meeting Code of Conduct?

Every chapter should have a code of conduct outlining how members are expected to interact and behave during meetings and volunteer activities. By setting guidelines and expectations, members better know how to act and can be more successful in their roles. **A good code of conduct ensures everyone feels comfortable and heard at meetings.** When members treat each other equally and with respect, everyone tends to feel more satisfied in their positions. This can help chapters retain and attract more volunteers.

### Example of a Meeting Code of Conduct:

- **Come prepared.** Come fully prepared with the required information, including notes and written reports for the secretary.
- **Actively listen and participate.** Active listening includes nodding or paraphrasing what the other person is saying to show understanding, expressing your concern, or asking specific, probing questions. Avoid interrupting others and side conversations. *Meeting productivity relies on members and guests listening well to others and actively participating in discussions.*
- **Take turns speaking.** Raise your hand and wait to be called on before speaking. Write down your main points if you think you might forget what you want to say while waiting. *Meetings can create exciting, passionate conversations where everyone wants to share their input. The best thing to do is wait for your turn to speak and allow others to finish their thoughts before jumping into the conversation.*
- **Follow the agenda.** The president or project chair will lead a conversation back to the original topic when they notice it has drifted to an unrelated subject. *Staying on topic is good etiquette because it reduces time wasted on tangents.*
- **Ask questions at the appropriate time.** Be courteous and wait until the end of a verbal report to raise your hand. Do not interrupt others speaking.
- **Be attentive to your body language.** The following behaviors can distract presenters and listeners. They may give them the impression that you aren't interested: tapping pens, swiveling your chair side to side, tapping your feet, rustling papers, and making quiet noises.
- **Put away technology.** Please turn off or silence your device, then put it away where it is no longer visible, such as in a purse, briefcase, or jacket pocket. Bring paper and a pen to take notes and avoid the distraction of technology. If you need to refer to information on your phone, do it with the consideration that you may be distracting others.

## Presidential Pins & Medallions

Each year, the State President awards Presidential Pins to our deserving members. Receiving a Presidential Pin is a high honor, as only 75 MNWT members will receive a pin this year.

75 MNWT Medallions are awarded. The Medallions are awarded to Chapter Presidents, State Delegates, and Executive Council.

Uplift others and share what your amazing members are doing to support your chapter.

**Running an efficient meeting** is critical to the success of any organization. It is important to remember that everyone's time is valuable, and the more efficiently a meeting runs, the more members can accomplish. Here are some tips to help make your meetings run more efficiently! By using these tips and tricks, you will be on track to have a smooth meeting and members who are engaged and look forward to attending meetings.

- Have a written agenda well in advance with a clear objective. If you don't have an agenda, there is nothing to keep you on track. By sending it out early, members can review it, prepare their own project reports, and let you know if any updates are needed.
- Who's on the list? Ensuring that all members, as well as guests, are aware of any changes to the location or the time of meetings is critical. You don't want anyone to feel left out. It's also essential to know who the special guests are so you can recognize them appropriately.
- Time management is key! Keeping to a start and end time is key to keeping everyone engaged and on track. Consider arriving a few minutes early to your meetings to make sure that you have all paperwork distributed, if needed, and that you are not rushed to start the meeting.

# ~~ State Resources ~~

## ~~ Membership Team ~~

Your MVP Andrea Schue, CMVP Connie Fink, and Extensions Director Glorie Balfanz, are here to help you with all things membership!

They will help you create positive ripples in your chapters by offering tips on how to engage members, show them you care, and embrace their talents. Provide ideas to help your chapters grow to at least 15 members. New members add excitement, new ideas, and new friendships. It is essential to get to know them and get them involved in your chapter activities right away. They will also encourage you to look at communities around you that would benefit from a WT Chapter. Have you ever considered hosting a Meet & Greet in a new area?

Andrea is here for all things membership, Connie for all things related to having a healthy chapter and Glorie is working on extensions to new communities. They truly are excited to work together with you in any way possible and help our organization to grow stronger.

Be sure to check out their CIPs, follow the Membership Page on Facebook, and look for training/collaboration opportunities to come. And of course, be sure to reach out to them with questions.

## ~~ Programming Team ~~

Your PVP Sue Sangren and each of the State Program Managers have a wealth of valuable information to share – ensure that your Programming Vice President and local program managers are communicating this information to your chapter. If you don't have LPMs or a PVP, designate someone to take the Chapter Information Packet and share a topic at one of your chapter meetings.

The Programming Team is here to provide ideas in each of the programming areas – Community Connections, Living & Learning, Priority Area / REACH, Women's Wellness, and Youth of Today. Whether your chapter formally participates in all of these areas or not, check out the CIPs for great ideas and challenges for your chapter and the Programming Page on Facebook. You may find something new that your members will love.

The Programming Team will also help you find easy ways to do your reporting. Let's make positive ripples in each programming area.

## ~~ Support Teams ~~

The MNWT Support Staff is here to assist you with your local activities. We love visiting and supporting all chapters across the state. Feel free to reach out to us at any time throughout the year.

**COB** – Tevyan Sorensen is here to discuss all things USWT and encourages everyone to join the upcoming MNWT March planning on March 7<sup>th</sup> and the state committee meetings on March 8<sup>th</sup>.

**Finance** – Sharon Scholl has invited you to jump aboard the MNWT Moolah Train. Purchase your seat for \$50. More information is available in her CIP. Raffle tickets are available for Winter State.

**Secretary** – Jeny Ohr is here to help you with your minutes and encourages you to send them in for review.

**Parliamentarian** – Liz Weigel encourages you to continue to send in your Bylaws and Policies. She also encourages you to invite her to attend your Bylaw and Policy Reviews. She'd love to hop on zoom and walk through them with you.

**Marketing** – Maggie Holmberg continues to hand out information and suggestions in her CIPs and social media posts on ways to help you market your chapter. She can also help you with a newsletter or brochure template.