



STEP UP TO SERVE!
LEARN ABOUT
RUNNING FOR
OFFICE OR
PARTICIPATING IN
A CAMPAIGN.

**ARE YOU INTERESTED IN
RUNNING FOR OFFICE OR
GETTING INVOLVED IN
PUBLIC SERVICE?**

**WANT TO HELP SOMEONE
WITH THEIR CANDIDACY?**

COME TO CHARLES CITY ON
MARCH 22, 2025, AND LEARN
ABOUT BEING A CANDIDATE
OR HELPING WITH A
CAMPAIGN. NETWORK WITH
OTHERS WHO ARE ENGAGED

AND WANT TO PARTICIPATE IN MAKING A
CHANGE.

THE WORKSHOP IS THE THIRD IN A SERIES.
WHILE IT WILL FOCUS ON LOCAL RACES, IT WILL
INCLUDE USEFUL INFORMATION FOR OTHER-
LEVEL ELECTIONS.

THE VENUE IS IN NORTHEAST IOWA AND IS
GEARED TOWARD DEMOCRATIC WOMEN, BUT
ANYONE REGARDLESS OF GENDER, PARTY, OR
LOCATION IS WELCOME TO ATTEND..

IOWA DEMOCRATIC WOMEN'S CAUCUS

OFFICERS

Mary Weaver, Chair

Nedra Conrad, Vice Chair

Barb Wheelock, Secretary

Eileen Beran, Treasurer

Elizabeth "Twink" Wearin, Provisional to State
Central Committee

BOARD MEMBERS, BY CONGRESSIONAL DISTRICT

District 1: Eileen Beran, Susan Stoeften

District 2: Carrie Larson

District 3: Pending

District 4: Trisha Rivers, Jo Vetter

The Iowa Democratic Women's Constituency
Caucus Presents

A TRAINING DAY FOR IOWA WOMEN

SATURDAY, MARCH 22, 2025

8:30 AM TO 4 PM, CHARLES CITY



YES! PLEASE COUNT ME IN!

Space is limited. Sign up today!

Details and registration
form at Iowa Democratic
Women's Caucus website:
idpwomenscaucus.com.



*Suggested donation: \$25. Make donation by
ActBlue link on the registration form, or by
check or cash at the door.*

Questions? Contact us at:
idpwomenscaucus@gmail.com



Iowa Democratic Women's
Constituency Caucus
idpwomenscaucus.com

Iowa Democratic Women's Caucus Presents
A DAY OF LEARNING FOR IOWA WOMEN

CAMPAIGN 101: RUN! JOIN A TEAM, MAKE A DIFFERENCE! *LOCAL ELECTIONS EDITION*



**For women of Iowa
Congressional Districts 2 & 4 (or
beyond) who are running for
office, exploring a run, or
assisting with a campaign—with
focus on local races. Followed by
a tour of the Catt Center**

**Saturday, March 22, 2025
Charles City Community Room
900 Hulin Street, Charles City**

**Presented by the Iowa
Democratic Women's Caucus**



A DAY OF SHARING AND NETWORKING FOR WOMEN WILLING TO MAKE A CHANGE

SPEAKERS AND PANELISTS

Nedra Conrad, Webster County Democrats' Treasurer and IDWC Vice Chair. Retired MidAmerican Energy Supervisor. Mother of three grown children, two of whom were elected to local offices.

Cindy Garza, President, Mason City School District School Board; 22-year Iowa DNR environmental engineer.

Lori Meacham Ginapp, Former Central Springs School Board Member and Cerro Gordo County supervisor. Currently employed at Mercy One Mason City in the Internal Medicine Residency.

Amanda Ragan, Iowa State Senator, 2002–2022; Cerro Gordo County Democrats Chair; community activist.

Megan Secor, Fort Dodge City Council Member; marketing coordinator for Soldier Creek Winery.

Sharon Steckman, District 59 Representative 2009-2024 and served as ranking member of the education committee; retired educator from Mason City.

Kelly Winfrey, PhD, Women and Gender Studies Director; faculty, Carrie Chapman Catt Center for Women and Politics at Iowa State University; Chair, Ames Community School Board.

PROGRAM PLANNING COMMITTEE

Mary Weaver, MSN, IDWC Chair

Eileen Beran, IDWC Board Member

Nedra Conrad, IDWC Vice Chair, March Day of Learning Chair

Cheryl Erb, Carrie Chapman Catt Home and Museum Association Chair

Carrie Larson, IDWC Board Member; Workshop Host

Tricia Rivers, IDWC Board Member

Jo Vetter, IDWC Board Member

Barb Wheelock, IDWC Board Member

Kelly Winfrey, Women and Gender Studies Director

MORNING

8:30–9:00 am

REGISTRATION
Continental breakfast

9:00 am

WELCOME AND INTRODUCTIONS
Nedra Conrad

9:30 am

GETTING ON THE BALLOT FOR LOCAL RACES OR BOARDS
Taking the mystery out of Step One.
Megan Secor

10:00 am

PANEL: FUNDING YOUR CAMPAIGN
Learn the essentials of locating donors and successful persuasion.
Amanda Ragan
Sharon Steckman

10:30 am

BREAK

10:45 am

HOW TO RUN FOR LOCAL OFFICE AND CONNECT WITH VOTERS
What to expect and plan for as you run for office or help on a campaign. Includes confidence-building strategies for connecting and interacting with voters and the media.
Cindy Garza
Lori Meacham Ginapp

AFTERNOON

12:15 pm

LUNCH
Box lunches from Subway.

1:00 pm

NETWORKING
Discussion and Q&A with presenters, board members, and attendees.

1:45 pm

CRAFTING AND DELIVERING YOUR MESSAGE
Address voters like a pro
Kelly Winfrey

2:45 pm

CLOSING
Final thoughts. Evaluation forms completed and turned in.
Nedra Conrad



3:00 pm

TRAVEL/CARPOOL TO CATT CENTER HOME AND MUSEUM
Explore the life and activism of women's voting rights pioneer Carrie Chapman Catt, who lived in Charles City. Light refreshments served.
Linda Hughes