

HEARTBEAT

Newsletter of the Heartland Women of Today

April 2017



PRESIDENT

Cindy Urlacher
curlacher66@msn.com

VICE PRESIDENT

Hillari Zweibohmer
zweizehill2010@hotmail.com

SECRETARY

Angela Moody
angela.moody@dactm.com

TREASURER

Sandy Rowland
sandykrowland@gmail.com

CHAIRMAN OF THE BOARD

Susan Barnes
sbarnes958@cox.net

Hello Members,

I want to say a huge thank you to Susan for a great two years, you have done a remarkable job with the chapter, and I promise we will keep the chapter going in the right direction.

I am so excited about this upcoming year. My theme this year is "Angel Hugs" why did I pick this? We do many projects with our community and give Angel hugs. Of course my logo will be angels. Every time we give each other a hug you know there will always be an angel, even though you don't see them but they are always hugging you.

I have set many goals this year and I will share with you, working on growing our chapter as well as retaining our members. When we get new members they bring in new ideas. Retaining our members is also very important. If you don't see them at meetings please drop a phone call to see what is going on and it makes them feel appreciated that they are being missed.

We do so much in our chapter and we need to keep track of all our hours and how much we donate. Nicolette is ready to help us keep track of all our projects that we do. Hillari is ready to keep our membership energized; she has such great ideas to share with us. Angela is helping us keep track of all our minutes and will continue on helping communicate with our awesome chapter newsletter. Sandy will be keeping us in line with our budget. We have a great board ready to help you.

Any questions or concerns please let me know by email, text messaging or just drop me a phone call

Looking forward to a great year



Cindy Urlacher
Local President

CHAPLAIN'S CORNER

Hi Everyone,

I'm excited to start our new year as the chaplain for our chapter! We need to support our new president and board members. It's cool how we start our year in the spring when everything is renewed. Here is a quote that is appropriate for us. "Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is more people who have come alive". Howard Thurman.

Linda

VICE PRESIDENT

Hi Ladies,

This year I really want to make membership a priority. We need to bring in new members. New members bring new ideas: for fundraising, for projects, more hands to do current projects, and more friendships. We want members that attend our meetings and encourage each other. So I'm going to put a challenge out there to all of our current members of Heartland Women of Today. I will have a special gift at the end of the year for the person that recruits the most **NEW MEMBERS** this year. I'm not sure what it will be, yet. I think that will depend on how many new members we get. But this is a new year, the future is ours for the making. Let's make it a great new year for all of us. We need to show others how wonderful being with Women of Today is with our leadership, enrichment, and the friendships that we make. Together we can light "Hears on Fire" with Women of Today.

Hillari

TODAY'S YOUTH



Fellow Members,

Last year my hope was to get the Youth Program off to a new level. Well, sad

to say I had two youth involved. They were: Jennifer Urlacher and Reilly Zweibohmer.

This year I hope to have more youth involved in this program. Please take the time to have your children and grandchildren become leaders through personal enrichment, community service and leadership training.

The month of May is Founder's Month for the youth group on state level. I would like each parent and grandparent involved in this with your child/grandchild. I would like to take time as a family unit go out and clean up a park in your area. Please report back to me at the June meeting what you have done for this event.

I will be passing out certification forms to the participants that participated last year. I am guessing that the others will still have the forms.

This year I would like to hold four socials for our youth plus something with Friendship Day in August. Parents/Grandparents please give me some ideas what you would like to see.

Remember when a child is working on a project with our group, please have them complete Assistance Verification form. The youth needs to work on the projects, they cannot just show up to be counted.

Just a friendly reminder this group is for age one thru seventeen. When our youth turn eighteen we hope they will join Nebraska Women of Today.

Maxine

EDITOR

Ladies,

Welcome to a new HWT year! I have redesigned the Heartbeat and hope you all enjoy reading it. I want to wish the new officers a successful year. I'll again be adding a "Women in General" (WIG) article to each issue. Look for is to generally be at the end of the newsletter.

Angela



This is the article that was submitted for the Josie Harper Residence newsletter, written by Nicolette

HEARTLAND WOMEN OF TODAY RECOGNIZES VOLUNTEERS

Each year during National Volunteer Week (April), Heartland Women of Today recognizes a group of hard-working volunteers that make a difference in the lives of others. This tribute acknowledges individuals for service that greatly benefits the community and serves as an inspiration to others.

This year Heartland Women of Today has chosen to recognize the Volunteers at Josie Harper Residence for their dedication to providing care that is professional while being personal and compassionate. We wish to acknowledge the selfless contribution of their time in providing an environment of quality and dignity to those experiencing the end of life.

History of National Volunteer Week

National Volunteer Week originated in 1943 in Canada. The week was established to celebrate women’s contribution at home that supported the military effort abroad. In 1974 President Richard Nixon signed a Presidential Proclamation to establish National Volunteer Week in the United States.

Benefits of Volunteering

Volunteers have an enormous impact on the health and well being of communities through the provision of much needed services. But economically it is significant as well. The Corporation of National and Community Service cites that 61.8 million individuals in the United States contributed 8 billion hours in 2008. Volunteering during 2008 donated the equivalent of \$162 billion dollars to the US economy.

It has been proven that people who volunteer realize improved mental and physical health. Volunteering one’s time has been shown to increase social contacts, develop self-confidence, reduce stress and provide a sense of purpose. Physically volunteers have lower mortality rates, greater functional ability and are less likely to develop high blood pressure reducing the risk of heart disease.

About Heartland Women of Today

Heartland Women of Today is the local chapter of the nationwide organization United State Women of Today. (www.uswomenoftoday.org). We are a non-profit organization of volunteers. Formerly an auxiliary to the Jaycees, our new organization, Nebraska Women of Today, was founded on July 1, 1985. There are nine local chapters within the State of Nebraska. The Chapters are Heartland, Kearney, Lincoln, Monarch, Nebraska City, Sterling and Wauneta. The Heartland Chapter (originally Omaha Metro Women of Today) was organized on April 18, 1995. The mission of the organization is to provide state and local chapters opportunities in the areas of leadership training, personal growth, and community service. We work in partnerships with established foundations to accomplish this mission.

The Women of Today structures programs for personal enrichment of its members. The programs challenge members to develop essential skills such as public speaking and writing. We promote member involvement and volunteering within our communities. The Chapters foster individual members’ organizational skills, as members are encouraged to chair committees that perform projects in partnership with local charities. Our local Heartland Chapter regularly donates to Nebraska Friends of Foster Families and Open Door Mission. We have an on going campaign for raising food to donate to the Food Bank. We engage in fundraising activities for local charities and recently held a White Elephant Auction that raised \$200 for Domestic Violence Awareness. We also make time for fun activities such as celebrating Founder’s Day each year by attending the Mahoney State Park Melodrama. There are also State meetings held each year that recognize member accomplishments throughout the year. Women of Today is an awesome organization that enriches it members through leadership training and personal development in addition to serving the community.



Volunteer Week – April 17th-23rd

Hi Ladies,

I contacted the Josie Harper House Hospice Center, and they have a large group of volunteers there, who perform various tasks at different times during the week (60 volunteers). We will be honoring them for **National Volunteer Week on MONDAY, APRIL 17TH**. The chapter budget is \$10 for this event, so I would like to use that money to purchase some “thank you” balloons and a card from the chapter. We will need your help with the rest. This is the day after Easter, so I know it isn’t the most convenient, but we would need at least 6 members to bake 2 doz. each, and bring them to either my house the weekend before Easter, so I could freeze them, or make arrangements with someone else who may be able to accompany me to the Hospice Residence over the noon hour on Monday the 17th. The Josie Harper Residence is by Bergan Hospital, located at 7415 Cedar St.

They have a wide range of volunteer opportunities, including “Hospitality Volunteers, Resident Assistant Volunteers and Specialized Resident Assistants,” who do everything from helping with arts and crafts to fingernail care/painting, assisting residents to the dining room, helping them write letters, read and answer phones.

So this year for National Volunteer Week, let’s show these compassionate volunteers that we appreciate their service to others! They would also like to put an article in their Annual Report (as well as a photo) about the Heartland Women of Today honoring their volunteers as part of National Volunteer Week. Good PR for us too!

It would be helpful if I could have everything lined up before March 30th, since I will be on vacation and not able to attend the April meeting. The Volunteer Coordinator there at Josie Harper, is getting a better list/count of their current active volunteers and let me know if the number goes down significantly.

Kelley



SECRETARY

Angela Moody

Heartland Women of Today
Minutes of the General Membership
April 3, 2017
Bank of the West

The meeting was called to order by Susan Barnes at 6:31pm. The Pledge of Allegiance was led by Janet Behrends. There were no guests.

The roll call question was “When you were a child, what did you want to be when you grew up?” Members present were Susan Barnes, Sandy Rowland, Nicolette Amundson, Linda Lenser, Hillari Zweibohmer, Janet Behrends, Maxine Turner, Julie Fogleman, Angela Moody and Cindy Urlacher. Not present were Kelley Rosburg and Joyce Harpster.

Julie gave the Chaplains Thought

Additions to the agenda: Add M-Nite under New Business and Move Bethlehem House and Open Door Mission Water drive to Unfinished Business

The minutes of the March meeting were approved as printed in the Newsletter. Correspondence was read by Nicolette we have donated 72 lbs. to the Food Bank.

M/S/P (Hillary/Sandy) to send a check to the WCA for the proceeds from the White Elephant auction at the Holiday Party.

Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,611.05.

Pennies were collected for Aid to Foster Children.

Angela passed out the new Yearbooks for 2017-18 which includes the updated Constitution, Bylaws and Standing Rules and she announced that they reflect the changes that were passed in the recent email vote.

Maxine announced that events will be planned to celebrate the Today's Youth Founders Day in May.

UNFINISHED BUSINESS

Sandy reported that the M-Nite went very well, we had one guest Lori, brought by Kelley but she did not join that evening. We will follow up with Kelley about her.

Nicolette and Kelley will be chairing the Volunteer Week and the information Kelley submitted to the Heartbeat last month will be included again. Nicolette passed around a sign-up sheet for cookies. She will also submit the letter she wrote for the Josie Harper Residence newsletter.

Susan announced that the Yearend Luncheon that was planned to be held at The Village Inn will need to be changed due to a mix up with the reservation. It's been rather frustrating for her. She will send out an email ASAP after she gets a new location.

Schedules for the upcoming Annual State Convention were passed around so members can make plans to attend, it will be April 21-23 in York.

NEW BUSINESS

Outgoing President Susan passed the gavel to Incoming President Cindy.

Hillari announced plans for an M-Nite to be held in May, if the room at the bank is available it will be Thursday May 18th at 7 pm with the theme "Making Memories" using Red, White and Blue. She will chair but would like a co-chair.

Sandy reported that the Menu for Bethlehem House will be the same as last time because it went over very well. It will be May 3rd.

Susan will chair the water drive for the Open Door Mission, she asks that members bring water to the May meeting. It was mentioned that water is on Sale at Menards tonight.

The deadline for the Newsletter is April 10th.

Nicolette will be the Hostess for the May meeting. She is also the Programming Chairman and reminded members to keep track of hours and in kind donations as well as monetary donations.

Angela is looking into donating used Rx bottles for use by agencies, possibly Drs. without borders.

Cindy adjourned the meeting at 7:04

Respectfully Submitted by

Angela Moody

HWT Secretary



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 April Fool's Day
2	3 HWT Meeting	4	5	6	7	8
9	10	11	12	13	14	15
16 Easter Sunday	17	18	19	20	21 NEWT Annual Convention	22 NEWT Annual Convention
23 NEWT Annual Conv	30	24	25	26	27	28
						29



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HWT Meeting May Day	2	3	4	5	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 HWT Meeting	6	7	8 USWT Annual Convention Las Vegas	9 USWT Annual Convention	10 USWT Annual Convention
11 USWT Annual Convention	12	13	14	15	16	17
18 Father's Day	19	20 Summer Begins	21	22	23	24
25	26	27	28	29	30	

Let's put forth a sunny outlook as we celebrate the first day of spring with some fun facts:

1. The first day of spring is called the vernal equinox. What does that stand for you ask? 'Vernal' is Latin for spring while 'equinox' is Latin for 'equal night'.



2. The idea that the first day of spring is exactly 12 hours of daylight and 12 hours of darkness rarely works. There is always a time when it is exact, but experts say it usually occurs before the vernal equinox.

3. If you stand on the equator today, you would see the sun pass directly overhead. It only happens twice a year in spring time and autumn.



4. Can you really stand a raw egg on its end today? Well, yes. But, most experts say if you are patient enough, you can stand an egg on its end any day.

5. The first day of spring in the southern hemisphere is the date of the autumnal equinox in the northern hemisphere, usually in September.

6. The reason there is more daylight during the spring is the earth's axis tilts toward the sun at this time of year.



7. Another reason for more daylight? Daylight Saving Time. The United States begins saving daylight on the second Sunday in March. The practice started in 2005.

8. Benjamin Franklin first proposed Daylight Saving Time in 1784.



9. The first spring flowers are typically daffodils, dandelions, lilies, tulips, iris and lilacs to name a few.

10. Spring fever is not just a saying. Experts say the body's makeup changes due to different diets, hormone production and temperature.

Happy Spring, to everyone.