

# HEARTBEAT

Newsletter of the Heartland Women of Today

August 2017



PRESIDENT  
Cindy Urlacher  
[curlacher66@msn.com](mailto:curlacher66@msn.com)

VICE PRESIDENT  
Hillary Zweibohmer  
[zweizhill2010@hotmail.com](mailto:zweizhill2010@hotmail.com)

SECRETARY  
Angela Moody  
[angela.moody@dactm.com](mailto:angela.moody@dactm.com)

TREASURER  
Sandy Rowland  
[sandykrowland@gmail.com](mailto:sandykrowland@gmail.com)

CHAIRMAN OF THE BOARD  
Susan Barnes  
[sbarnes958@cox.net](mailto:sbarnes958@cox.net)

Hello Heartland Women of Today members,

While summer is winding down, we are starting to get busy for our Women of Today Year.

I would like to welcome our new member Diana Rodriguez for joining our chapter we're looking forward working with you.

Thank you, Hillari, for chairing our successful Friendship day at Freddy's.

Don't forget to send your youth certifications to Maxine and also if you participated for Friendship Day let Maxine know at September meeting. Don't forget Kid's week is August 20-26 the schedule was in the July Heartbeat.

Thank you to Angela and Susan for chairing Women of Today Week. They have planned fun activities for the week of September 24-30.

Schedule is included in this issue.

Don't forget to fill out your certifications. Nicolette has all the forms in book so please ask her for them at meeting. Once they are completed just leave them in the book but let her know they are finished.

I just want to thank all of you for everything you do. Keep up the great things we do for this organization.



Cindy Urlacher

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## VICE PRESIDENT

Hi Ladies,

First off, let me tell you how wonderful it was to spend Friendship Day with you. I am so fortunate to have you in my life. Please keep recruiting new members. Women of Today Week, is coming up and would be the perfect time to bring new people. This letter is short, I realize, but we really need to make an emphasis on getting new members. New members will bring new ideas and more hands on deck to achieve the goals that we have. Remember the end of the year challenge that I have out there for a special treat to the member that can recruit the most new members to our chapter.

See you in September,

Hillari

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## CHAPLAIN

Hi Everyone,

The summer is really flying by quickly! Life continues to get busier and more hectic but I found this article that can apply to all of us:

"It is easy to get caught up in everyday life- racing the clock, meeting deadlines, shuffling the workload, and becoming so focused on what you do that you forget to simply be. Remember to stop and take time for you. The world will not fall apart or leave you behind if you allow yourself a few moments of quiet. There is no need for stress or struggle. Everything that is meant to be will be-with or without your help. So relax, find your balance, live fully in each moment, and remember....breathe.

Lisa Butler.

See you all at the next meeting!  
Linda

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## TODAY'S YOUTH



Fellow Members,

If your child/grandchild participated in **Friendship Day**, please give me their name and let me know what they did to celebrate this day with their friends. I will be taking this information at our September meeting.

Just a friendly reminder that we celebrate **Kid's Week** during August 20 -26, I have put the following information in our July newsletter:

Sunday – Attend Church with your Family.

Monday – Read a book

Tuesday – Go out for Ice Cream with a friend

Wednesday – Help mom and dad around the house

Thursday – No television

Friday – Spend a day with friends

Saturday – Plan a Family Activity

Please let me know if your child or grandchild participated in Kid's Week at our September meeting.

This month I would like to cover Back-to-School safety tips. It's back to school for the children and there's actually some homework parents/grandparents can do to keep their kids healthy and safe this fall.

### Walk and ride to school safely

Getting to school can be extremely hazardous to children. Whether your child walks or rides to school here are do's and don'ts for kids.

- Do cross only in crosswalks
- Do listen to the crossing guards
- Don't dart into traffic
- Do obey traffic lights and signals.

School buses can also be harmful. People are injured or killed every year because they walk or run into the path of a school bus. Instruct kids to not walk in front of a school bus. Wait until the bus pulls completely away from the curb.

Many children ride their bikes or scooters to school. It has been recommended that children should be ten (10) or older riding a bike to school. Don't forget: helmets should be worn at all ages.

**Keep backpacks light**

Children seem to get more homework and books to carry every year.

Consider a backpack on rollers to ease strain on your child's back and spine. (Be sure to check with the school to see if these are allowed. A child's backpack should be only 5 to 10 percent of his or her body weight. That means that your 10-year-old who weighs 65 pounds should not be carrying more than 6.5 pounds of books.

**Home-alone safety**

Is your child alone for a short time after school? If so, here are some reminders.

Decide on a backup plan if they become locked out of the house. Ask a neighbor to hold an extra key, or install a garage door keypad so that a key is not necessary.

Instruct your child to not answer the door or phone when home alone. The article that I read for this article also suggest that your child not answer the door if there's a police officer outside, because it could be someone posing as a police officer. Instead have your child call the local police station to confirm why someone's at the door.

Decide ahead of time, which appliances your child can use when you're not home.

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Stoves, microwaves and computers should be considered during this discussion. Make sure you have snacks that don't require appliances and are easy to fix, such as peanut butter and banana sandwiches.

Please go over these safety tips with your child/grandchildren. Please give me the information at our September meeting, so that I can keep track of this information for our chapter. Just a friendly reminder that this activity needs to be fifteen minutes, there is so much more information you could add to this safety tip.

Maxine

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**EDITOR**

Ladies,

Hard to believe "Summer" is winding down and we'll be seeing "Pumpkin" flavor in EVERYTHING soon. I hope you all are reading and enjoying the Heartbeat. If you have things you'd like included either let me know or send in in the form of an article, picture or whatever...

Thanks

Angela



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**SECRETARY**

Angela Moody

Heartland Women of Today  
Minutes of the General Membership  
August 7, 2017  
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:29 pm. The Pledge of Allegiance was led by Julie Fogleman. There were no guests. The roll call question was "What is your favorite food and why?" Members present were Susan Barnes, Maxine Turner, Linda Lenser, Kelley Rosburg, Sandy Rowland, Hillari Zweibohmer, Janet

Behrends, Julie Fogleman, Angela Moody and Cindy Urlacher. Not present Nicolette Amundson, and Joyce Harpster.

Linda gave the Chaplains Thought by April Aragam from Words every Woman should remember. Delete Team Building from the agenda and we will do it at another meeting.

Minutes from the July 10, 2017 meeting were approved as printed in the Heartbeat.

Correspondence was read; a flyer from the Food Bank of the Heartland which included a total of 22 lbs. donated so far, also a thank you from Angela, for the Ruby Tuesdays Gift card, and your thought and prayer for death of her mother.

Sandy handed out the Treasurers report and asked for any bills. Our ending balance is \$2,471.68 M/S/P (Julie/Kelley) that the \$198 raised at our White Elephant Sale but raise by \$2 from discretionary funds and donate \$200 to WCA.

Pennies were collected for Aid to Foster Children.

Hillari reported that the dues for our newest member, Diana Rodriguez, were sent to the state Membership Vice President.

Maxine asked members to report to her at the September meeting any participation in Kids Week, the schedule was in the last Heartbeat and is on the Website Calendar.

### UNFINISHED BUSINESS

The Spa M-Nite didn't happen so Susan is going to submit a Fizzle to the State Programming Vice President.

Hillari reported that the Friendship Day event at Freddy's was a big success and thanked everyone who attended. It was also reported that we are invited by the Lincoln chapter to James Arthur Vineyard on August 19<sup>th</sup> for Friendship Day with them. Angela will send the email with the information tomorrow to members.

Cindy asked if any members have new project idea to write them out and give them to her after the meeting.

Business cards have been ordered and will be distributed when they arrive.

The Summer State Meeting was in Nebraska City July 21-22 Susan reported that there was a lot of training and that the Nebraska City chapter did a great job! There is a "31 Bag" fundraiser now through August 26<sup>th</sup> for the State Treasury, Cindy passed around information including the website. You can order online or you can get your order and money to Cindy by the 26<sup>th</sup>.

### NEW BUSINESS

There will be a Board Meeting August 20<sup>th</sup> at 5pm Cindy will let everyone know the location.

M/S/P (Hillari/Linda) to accept the proposed Women of Today Week Schedule presented and adjusted by Susan and Angela. The schedule will be included in the Heartbeat.

Grandparent's day will be skipped this year and looked at again next year.

The deadline for the Newsletter is August 14<sup>th</sup>

The Hostess for the September meeting will be Sandy

Meeting was adjourned at 7:04

Respectfully Submitted by

Angela Moody

HWT Secretary



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**TREASURER**  
Sandy Rowland

**HEARTLAND WOMEN OF TODAY**  
**2017 AUGUST TREASURY REPORT for JULY 2017 ACTIVITY**  
**Submitted: August, 7, 2017**

Expenses			
Check #	Date	Payee	Expense
1387	28-Jul	ANGELA MOODY	FOLDERS
<b>TOTAL</b>			

Receipts			
From	Deposit Date	Receipt	Amount
K Rosburg	28-Jul	HWOT DUES	5.00
Members	28-Jul	July pennies - AFC	8.24
PizzaRanch	28-Jul	Service project % of take	120.77
<b>TOTAL</b>			<b>\$134.01</b>

<b>Bank Statement Balance forward as of 06-30-2017</b>	<b>\$2,393.48</b>
Receipts	\$134.01
<b>Subtotal</b>	<b>\$2,527.49</b>
Expenses	\$5.81
<b>BANK BALANCE AS OF 07-31-17</b>	<b>\$2,521.68</b>
<b>Outstanding Checks</b>	
1394 -NE WOT HILLARY DUES	\$20.00
1395 - CHAPTER MAILING FEES	\$30.00
Check Book Balance 07-31-17	<b>\$2,471.68</b>

Comments:

Prepared: Sandy Rowland, Treasurer 08-07-2017

*Hello,*  
**AUGUST**  
*make me happy ..*

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 Friendship Day @ 3 pm Freddy's on 72nd St	7 <b>HWT Meeting</b>	8	9	10	11	12
13	14	15	16	17	18	19 LWT Friendship Day James Arthur Vineyard 5:30
20 5 pm Board Meeting Location TBA	21	22	23	24	25	26
27	28	29	30	31		



2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	1	2
3	4 Labor Day	5	6	7	8	9
10 Grandparents Day	11 HWT Meeting	12	13	14	15	16
17	18	19	20	21 Autumn Begins	22	23
24 Begin WT Week Spend time in reflection"	25 Dance like no one is watching	26 Email /send a card to your recruiter or 5 people who've helped you in WT	27 Service Project WCA sort your closet for clothes for the Career Closet and bring them to the October meeting	28 M-Nite 7pm @ Bank of the West	29 Do a at Secret Random Act of Kindness for a family member	30 End WT Week Soaring Wings Winery



2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Rosh Hashanah	3 HWT Meeting	4	5	6	7 USWT Mid Year Meeting in Ankeny IA	8 USWT Mid Year Meeting in Ankeny IA
9 USWT Mid Year Meeting in Ankeny IA	10 Columbus Day Heartbeat Articles Due	11 Yom Kippur	12	13	14	15
16	17	18	19	20	21	22
23	24 Halloween	25	26	27	28	29
30	31					



# Women of Today Week

## September 24-30, 2017

**Sunday**

**“Spend time in reflection” at church, or in nature, or quiet time by yourself or with a higher being**



**Monday**

**Dance like no one is watching**



**Tuesday**

**Send an email or card of Thanks to the Person who recruited you or thank 5 people who have helped you along your Women of Today journey**



**Wednesday**

**Service Project WCA sort your closet for clothes for the Career**

**Closet and bring them to the October meeting**



**Thursday**

**M-Nite 7pm @ Bank of the West**



**Friday**

**Do a at Random Act of Kindness... in secret for a family member (report October meeting)**



**Saturday**

**Nite Out @ Harvest Festival @ Soaring Wings Winery**



# Running in Hot Weather: A Survival Guide

**Consider “cool” clothes.** It’s hot outside, so dressing appropriately—shorts, tees, and tanks—is a given. But it’s a good idea to go a step further with light-colored clothing in breathable fabrics, and don’t forget key accessories like a visor, sunglasses, and sunscreen. There are also clothing options available that can help to promote cooling, such as sun sleeves and cooling vests.

**Prevent the rub.** Sweating a lot can increase your risk of chafing. Cover problem spots, such as under your arms and between your thighs, with an anti-chafing and anti-blister balm, if necessary, says Tawnee Gibson, a certified USA Triathlon coach and host of the Endurance Planet podcast.

**Modify your pace.** “If you’re not used to training in hot weather, it generally takes about two weeks of consistent heat exposure to adjust,” says Gibson. “When starting out, you simply have to slow down or your heart rate will skyrocket,” which can defeat the purpose of target heart rate training.

To find your new starting pace, run two to four miles at a target heart rate of 180 minus your age. (So if you are 35, you should aim to keep your heart rate around 145 beats per minute.) “Stay at this heart rate until you see your pace get faster and then plateau,” says Gibson. “Once you plateau, you can add more intensity.” If you’re a complete newbie, you may need to alternate periods of running and walking to stay within your heart rate zone.

**Drink enough water.** It’s no secret that proper hydration is key to staying safe while running in hot weather, but in rare cases over-hydrating can cause issues, too. Hyponatremia—a condition that occurs when your body loses too much sodium through sweat, or when over hydration causes sodium in your blood to drop to life-threatening levels—can be a real risk for some exercisers.

To keep your hydration in check, drink at least 1 to 2 liters of water a day and about 10 to 30 ounces per hour while exercising and then adjust as necessary. Still thirsty? Urine dark? Increase your intake. For a little boost, add a generous amount of crushed ice to your pre-workout water: Research shows that downing an icy drink 30 minutes before exercise can help you run longer before needing to stop.

**Replace electrolytes.** Exercising under the summer sun can make for some seriously sweaty conditions. And with all that water loss comes a drop in sodium and electrolytes, too—that’s [Why Athletes need to think about salt](#). If you’re an especially heavy or a salty sweater, or happen to be prone to muscle cramps, Gibson recommends having a professional sweat test done to figure out how much sodium you’re losing. To replace sodium and other electrolytes, consider sipping sports drinks or adding some salt to your diet, says triathlete and certified sports dietitian Lauren Antonucci.

**Seek relief.** Take steps to cool yourself whenever you can. Running in the shade and avoiding direct sunlight can reduce the risk of heatstroke and sunburn, while also making for a more enjoyable workout. And, hey, running through the occasional sprinkler along your route won’t hurt!

## Related Articles:

[Why Athletes Need to Think About Salt](#)

[Sips and Snacks: 4 Tips to Help You Stay Hydrated](#)

[The 15-Minute Abs Workout That Will Help You Slay All Your Summer Activities](#)

*This article is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.*