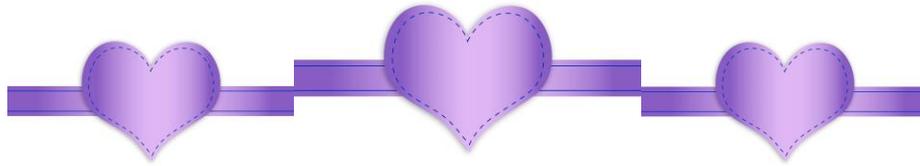


HEARTBEAT

Newsletter of the Heartland Women of Today

February 2018



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Hello members,

We will be having a board meeting at 6 pm on March 5th just before our membership meeting, to go over some stuff. We will be voting on our proposed Budget, Plan of Action and Standing Rule changes. Julie has sent the proposed Budget and the Plan of Action to all members as an email. Please look over the Plan of Action and if you want something added please bring to the meeting. Also, Julie just found out that the Ronald McDonald house will not be taking any donations from May through August. They are closing down for a remodel. So bring your pop tabs to the meeting so we can get a tally of where we are at this year. We will also have to change our Plan of Action where we have the Ronald McDonald house and add after August 2018.

Ladies please mark your calendar for our project Folder night and to work on certifications which will be on March 18th I will let you know the location soon.

I want to thank each of you for stepping up and chairing projects and volunteering your time when you can. Without you we wouldn't be able to do the projects that we have.

Let's have an awesome year end



Cindy

CHAPLAIN

Hi Everyone,

Sorry I missed the meeting but since I wasn't there here is a chaplain's thought:

Hold sacred your religious faith, your family, your good name, your given word, your moral code, your self-reliance, your positive attitude, your healthy lifestyle, your self-improvement, your love of learning and your willingness to share.

Also, I wanted to thank those of you who were able to help with the Habitat for Humanity Restore project, we had a great turnout and had fun with our painting project. I hope we can do this again!!

Linda

PROGRAMMING

I appreciate everyone's cooperation in tracking the chapter's efforts for the past year. We have documented the following data for the third trimester:

January

The White Elephant Sale was held as a fundraiser for AFC at the Holiday Party at Platte River State Park and part two at February's meeting. Please provide time, driving distance and funds spent to provide gifts for participation.

March

We will be collecting food bank donations at the March meeting. Please track type and value of food donated for reporting on this project. This is needed as soon as possible after the March meeting for the Community Connections report. So far the value of food donated by Chapter members to the Omaha Food Bank this year is \$146.70.

Aid to Foster Children

The donations collected at monthly meetings for the Pennies from Heaven effort

for April 2017 thru January 2018 amounts to \$68.66. So far the Chapter has collected \$14.53 for the 3rd trimester.

Certifications

Let's make an effort to complete as many as we can to close out the year. Please e-mail me (nicolette.amundson@gmail.com) if you need a blank form or if you would like to know your status. The binder containing certificates will be brought to the March meeting as well for members to complete forms.

Past and Future projects

Please remember to record the time spent preparing and performing an activity, miles driven to and from the event as well as any of your own funds spent. I need the information for past projects including the Angel Tree, the White Elephant sale, and the Habitat for Humanity projects by the March meeting so the Community Connections report can be completed for the third trimester.

Thanks again for your support,
Nicolette

TODAY'S YOUTH



Coach for Life

Use the lessons sports teach to guide your kids in the biggest challenge of all.

It's not whether you win or lose, it's how you play the game. This is the great lesson of sports, but it's also valuable to parenting. For children to become responsible adults, how you act after the game determines whether your kids truly win or lose. Letting kids participate in sports gives them the opportunity to learn many valuable lessons. However, it's up to parents to help their children apply what they learn from sports to other areas of their lives.

Here are five important lessons sports offer, and how you can reinforce them by becoming the best coach your kids will ever have in the toughest sports of all - life.

1. THE STRENGTH OF TEAMWORK

Sports provide an opportunity for kids to learn to take turns, set goals as a team, and cooperate with other children to achieve those goals. It's this kind of emotional and social development that can easily carry over to how well your children work with their teachers, classmates, relatives, and anyone else they may encounter in life. [BRINGING IT HOME](#) Look for ways to encourage teamwork within everyday family life. Many family tasks, from cleaning the house; preparing the table for dinner, or even getting ready for a trip in the car, can be done as a team. Rather than focus on your children's individual tasks (cleaning their rooms), focus on the main goal (a clean house), then explain the part that each family member will play toward reaching that goal.

2. EVERYONE HAS SOMETHING TO OFFER

In team sports, no single shining star can perform every task. For example, one child may bat well, another catch, another run the bases fast. Some kids may be more developed cognitively and understand the sport's strategy, while others may be more adept socially and instinctively know how to motivate other kids to play their best. [BRINGING IT HOME](#) The next time your child makes a remark about someone's differences or weaknesses immediately point out that person's strengths. Over time, it will teach your child how to continuously look for and find positive qualities in every person he/she meets. If your child feels frustrated by their own shortcomings, remind them of the skills that come more naturally to them. Then find examples of the skills that they had trouble with in the past that are no longer an issue.

3. PRACTICE MAKES PERFECT

Through sports, kids can see the results that come from repeating certain skills in order to perfect them. They develop a more positive self-image through personal achievement and learn that if they spend enough time on a task, they eventually become better at it. With the right guidance, that valuable lesson can carry over into almost everything they may want to achieve in life, whether that's studying an hour a night to get a higher grade, or simply excelling at anything they set out to try. [BRINGING IT HOME](#) The key is to explain to a kid why he is practicing, what he's getting better at, and how that skill will help him achieve a specific goal. For Example, instead of assuming your child understands why he should bother with his vocabulary homework, break it down: Explain how learning new words will make them a better reader, which will allow them to enjoy more books about the things they love and to understand what they read fully.

4. WIN-AND LOSE-THE RIGHT WAY

Sports are the perfect forum for giving kids a taste of both victory and defeat on a regular basis. Sports

also sets the stage for teaching your child how to be happy for others' successes and rise above their own failures in the future. [BRINGING IT HOME](#) Every time you win or lose in front of your child – whether someone cut you off in traffic or graciously let you merge into their lane – remember that every personal gain or loss is a golden opportunity to teach your child how to handle each with dignity. When they lose, be sympathetic. Judging them too harshly may cause them to start creating lies about why he didn't do as well. You don't want your children learning to make up excuses or alibis when things go wrong. Instead, you want them to recognize that it's entirely fine when they don't always perform at their best.

5. FEEDBACK DOESN'T MEAN FAILURE

Good coaches know how to offer constructive feedback in an uplifting way. This can make kids more respectful and receptive when talking advice from others, even their parents. [BRINGING IT HOME](#) Many parents feel there's no better time to critique their child's performance than immediately after they've failed at something. Skip the postgame analysis. Immediately going over all their mistakes only tunes kids out and can lead to resentment, especially if your last words to them before the game were "Just go out and have fun". Reminding a child about what they did well makes them feel more comfortable to discuss the rest of their performance without feeling judged. Once the kids start talking about the errors they made, always keep the conversation positive. Knowing that you accept them-regardless of how well they perform-will give your kids all the confidence they need to succeed far beyond the playing field.

Maxine

EDITOR

Ladies,

Thank you to all who submitted articles to this issue. I hope you are all enjoying this publication. I've enjoyed being the Editor because it allows me to work on my creative side but without your input it would not be as much fun, so thank you so much.

Angela





SECRETARY

Angela Moody

Heartland Women of Today
Minutes of the General Membership
February 5, 2018
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:30 pm. The Pledge of Allegiance was led by Janet Behrends. State President Maxine Turner was our guest tonight. The roll call question was “What are your Valentine’s Day Plans?” Members present were; Sandy Rowland, Nicolette Amundson, Susan Barnes, Julie Fogleman, Hillari Zweibohmer, Janet Behrends, Cindy Urlacher and Angela Moody. Not present; Linda Lenser, Diana Rodriguez, Dina Bellamy, Kelley Rosburg and Joyce Harpster.

Additions to the Agenda – Under Unfinished Business – number 2 add Holiday Party, number 7 add Board Meeting. Under New Business number 6 add Baby Shower for Open Door Mission. Minutes from the January Meeting were approved as printed in the Heartbeat. Secretary Angela read a notice from the WCA announcing their new location. Treasurer Sandy handed out the Treasurer’s report. Our ending balance is \$2307.26. There were no bills. Pennies were collected for Aid to Foster Children. Vice President Hillari passed out updated Rosters and asked members to check for errors and to add them to the new yearbooks in April when they are handed out. Programming chair Nicolette asked members to get her their time spent and in-kind or monetary donations for any projects, including the White Elephant items from the holiday party. Today’s Youth chair Maxine reminded members that the state Fast Start was in the January Heartbeat and also on the state website. Chairman of the Board Susan handed out registration forms for both the upcoming Annual State Convention in Lincoln and the Annual National Convention in MN.

A Domestic Violence Awareness program was presented by State President Maxine Turner.

UNFINISHED BUSINESS

Cindy reported that Linda has set up the ReStore volunteer event for Friday the 16th from 5-7 pm @ 108th and Maple. We will be painting furniture. Julie and Angela reported that the Holiday Party at Platte River State Park was a big success. We auctioned about ½ the packages and will finish after this meeting. So far we raised almost \$100 for Aid to Foster Children. We also discussed the date for next year and it was decided to hold it the 4th weekend of January. Julie will reserve the cabin. Julie will be emailing the Proposed Plan of Action and Budget. (Work on at the cabin) COB Susan passed out the proposed Standing Rule changes, she asked that everyone review them, and be ready to vote on them at the March meeting. A work night for Project Folders as well as Certifications will be held on March 18th. Cindy will let everyone know when she gets a location.

There will be a Board Meeting prior to the March meeting here at the Bank at 6 pm.

NEW BUSINESS

There will be no elections this year because we changed our Bylaws last year to make the terms 2 years. Cindy will be contacting members about the chairmanships.

Hillari will chair a Membership Night for March Madness.

Members are reminded to bring Pop Tabs for Ronald McDonald House to the March meeting.

There will be info in the Heartbeat about the Year-End Awards Banquet.

A Couples Valentine event was discussed and decided to have it added to the Plan of Action for next year because it was too short notice for his year.

Baby Shower for Open Door Mission "Hearts of Hope" was discussed. We donated last year but thought maybe next year we can volunteer to work in some way. It will be added to the Plan of Action.

Deadline for the Heartbeat will be February 19th.

The hostess for the January meeting will be Susan (She will also see if Dina is still interested since she was ill this month)

Meeting was adjourned at 7:26

Respectfully Submitted by

Angela Moody

HWT Secretary



Seasonal Depression

Do the winter months get you down more than you think they should? If so, you might have seasonal depression, also known as seasonal affective disorder (SAD).

Seasonal depression is a mood disorder that happens every year at the same time. A rare form of seasonal depression, known as "summer depression," begins in late spring or early summer and ends in fall. In general, though, seasonal affective disorder starts in fall or winter and ends in spring or early summer.

Causes

While we don't know the exact causes of SAD, some scientists think that certain hormones made deep in the brain trigger attitude-related changes at certain times of year. Experts believe that SAD may be related to these hormonal changes. One theory is that less sunlight during fall and winter leads to the brain

making less serotonin, a chemical linked to brain pathways that regulate mood. When nerve cell pathways in the brain that regulate mood don't function normally, the result can be feelings of depression, along with symptoms of fatigue and weight gain.

SAD usually starts in young adulthood and is more common in women than men. Some people with SAD have mild symptoms and feel out of sorts or irritable. Others have worse symptoms that interfere with relationships and work.

Because the lack of enough daylight during wintertime is related to SAD, it's less often found in countries where there's plenty of sunshine year-round.

Winter Symptoms

People with SAD have many of the normal warning signs of depression, including:

- Less energy
- Trouble concentrating
- Fatigue
- Greater appetite
- Increased desire to be alone
- Greater need for sleep
- Weight gain

Summer Symptoms

- Less appetite
- Trouble sleeping
- Weight loss

Diagnosis

If you've been feeling depressed and have some of the above symptoms, see your doctor for an assessment. He or she will recommend the right form of treatment for you.

Treatment

There are different treatments, depending on the severity of your symptoms. Also, if you have another type of depression or bipolar disorder, the treatment may be different.

Traditional antidepressants are often used to treat seasonal depression. Bupropion XL is currently the only medication that is FDA-approved specifically to prevent major depressive episodes in people with SAD.

Many doctors recommend that people with SAD get outside early in the morning to get more natural light. If this is impossible because of the dark winter months, antidepressant medications or light therapy (phototherapy) may help.



2017

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



2018

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



2018

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