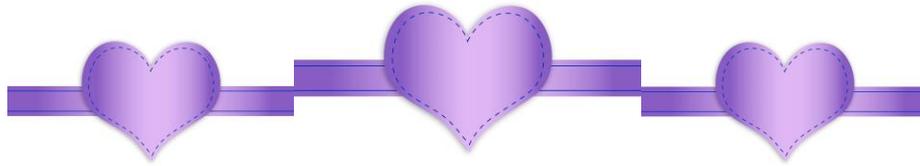


# HEARTBEAT

Newsletter of the Heartland Women of Today

January 2018



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Hello members,

I am looking forward seeing everyone this weekend at our Holiday Party. Angela and Julie have been working hard on planning. There will be lots of fun stuff and we will be having an Officers Board meeting, but everyone is welcome to attend on Saturday afternoon at four, please let me know if you are unable to attend. I will have a couple of possible dates for our Project Folder work night. Hopefully we can get a lot of Project Folders to send into state.

The Holidays are over and now we need to get back on track for the rest of our Women of Today year. Let's finish strong.

We have lots of projects coming up in February, please help as much as you can. We will be approving our proposed budget and our plan of action at our February meeting. We will be having our State President Maxine Turner coming for a visit to our chapter and she will be talking to us about Domestic Violence Awareness.

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



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**CHAPLAIN**

Hi Everyone,

I was thinking that there are many in our group that have experienced losses in their family as well as their lives. As well as we support the many projects that we enjoy doing, we need to continue to support each other in our times of need and struggles. You should know you can reach out to others in our group; we are here for each other!! Here is a quote I found that I thought was appropriate:

"Isn't it wonderful how God will bring the right people into your life, just when you need them. People, who will love, support, guide and pray for you, regardless of the circumstances."

Thank you for being there for each other!  
Linda

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**PROGRAMMING**

Happy New Year! Let's make this a successful New Year by continuing to track the chapter's efforts for each project.

**November**

Chapter members, Maxine, Kelley, Linda, Sandy and Nicolette, participated in the Salvation Army bell ringing project at Nebraska Furniture Mart on Wednesday, November 29. Between driving to the effort and ringing bells, members contributed 11 hours to the effort. In kind donation of \$58.54 was estimated for the effort for members to drive to and from the event.

Linda reported the funds that were collected by Heartland Women of Today amounted to \$12.26. It was noted that this amount was low due to the fact that Salvation Army does not record specific collection but averages the amount collected for the day.

**December**

Chapter members, Kelley, Sandy, Susan and Nicolette made Food Bank donations at December meeting. Thank you to Julie for organizing, collecting and delivering the food items to the Omaha Food Bank. Total

value of food donated was \$80.76. It was reported at the January meeting that 86 pounds of food had been donated to the Omaha Food Bank.

**January**

January 1 was the deadline for The Effective Writing Challenge, "What Fills Your Cup?" Please let me know if you participated in this competition.

The White Elephant Sale will be held at the Holiday Party at Platte River State Park. Please track time, driving distance and funds spent to provide gifts for participation.

**Aid to Foster Children**

The donations collected at monthly meetings for the Pennies from Heaven effort for April thru December of 2017 amounts to \$64.49. \$10.36 is the collection for the first month of the 3rd trimester.

**Certifications**

During the January 8 meeting we passed the notebook to attending members to complete forms for certifications. Please e-mail me if you need a blank form or if you would like to know your status.

**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.

Thank you,  
Nicolette

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**TODAY'S YOUTH**



Did your child/grandchildren help ring bells for Salvation Army? If so, please let me know, as I will complete an Assistance certification.

Be sure to look at the attachment from our state Programming Vice President. Please complete and turn into me at our March meeting.

This month I would like to help your child or grandchild certify in Team Building. As I watch my daughter and her family, I have come to realize that all families need Team Building to function.

Team building refers to a wide range of activities, presented to businesses, schools, sports teams, religious or nonprofit organizations designed for improving team performance. It generally sits within the theory and practice of organizational development, but can also be applied to sports teams, school groups, and other contexts. Team building is not to be confused with "team recreation" that consists of activities for teams that are strictly recreational. Team building can also be seen in day-to-day operations of an organization and team dynamic can be improved through successful leadership. Team building is an important factor in any environment, its focus is to specialize in bringing out the best in a team to ensure self-development, positive communication, leadership skills and the ability to work closely together as a team to problem solve.

### **Team dynamic**

When assembling a team it is important to consider the overall dynamic of the team.

**The team member:** Successful teams are made up of a collection of effective individuals.

These are people who are experienced, have problem solving ability, openness to addressing the problem, action oriented.

1. **Team relationships:** For a team to be successful the members of the team must be able to give and receive feedback.
2. **Team problem solving:** An effective team depends on how focused and clear the goal of the team is. A relaxed, comfortable and accepting environment and finally, open and honest communication.
3. **Team leadership:** Effective team leadership depends on leadership competencies. A competent leader is: focused on the goal, ensures a collaborative climate, builds confidence of team members, sets priorities, demonstrates sufficient "know-how" and manages performance through feedback.
4. **Organizational environment:** The climate and culture of the organization must be conducive to team behavior.

### **Leadership roles**

Successful team leaders frequently contain six of the same leadership abilities:

1. A team leader is usually goal-oriented to keep the team on track.
2. They must promote a safe environment where members can openly discuss issues.
3. A leader must build confidence amongst members by building and maintaining trust and offering the members responsibilities.
4. A leader should be technically competent in matters relating to team tasks and goals.
5. It is important for a team leader to set a manageable list of priorities for the team to keep members focused.
6. Finally, leaders should offer clear performance expectations by recognizing and rewarding excellent performance, and provide feedback to others.

Eight effective strategies a leader should employ to enhance team building:

1. Establish clear and inspiring team goals
2. Maintain a results-oriented team structure
3. Assemble competent team members
4. Strive for unified commitment
5. Provide a collaborative climate
6. Encourage standards of excellence
7. Furnish external support and recognition
8. Apply principled leaderships

### **Types of exercises**

1. Build something with blocks
2. Clean the house as a team
3. Do the laundry as a team
4. Make a meal as a team

Maxine

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**EDITOR**

Ladies,

Thank you to all the officers who submitted articles so that I could get this out on time. I'm looking forward to seeing everyone this weekend at the cabin at Platte River State Park.

Angela



SECRETARY

Angela Moody

Heartland Women of Today  
Minutes of the General Membership  
January 8, 2018  
Bank of the West

The meeting was called to order by President Cindy Urlacher at 6:42 pm. The Pledge of Allegiance was led by Susan Barnes. There were no guests.

The roll call question was “What was your favorite Christmas gift?”

Members present were; Linda Lenser, Dina Bellamy, Cindy Urlacher, Maxine Turner, Sandy Rowland, Nicolette Amundson, Angela Moody, Julie Fogleman and Susan Barnes. Not present Kelley Rosburg, Hillari Zweibohmer, Janet Behrends, Diana Rodriguez and Joyce Harpster  
Linda gave the Chaplains Thought, several quotes about precious gifts from the heart.

Additions to the Agenda – Under Unfinished Business – Salvation Army and under New Business –Food Bank and Ronald McDonald House

Minutes from the December, 2017 meeting were approved with corrections; Dina’s name was spelled incorrectly and the pennies from heaven was corrected to say it was collected.

Angela read Correspondence from the Food Bank noting we have given 86# and a Thank You from the Ronald McDonald House.

Sandy passed out the Treasurer’s report. Our ending balance is \$2263.09. No bills at this time. Pennies were collected for Aid to Foster Children.

Maxine reported that there will be a Today’s Youth article in the Heartbeat on Personal Development and the State Fast Start.

Nicolette reviewed the community connections report showing our activity during 2<sup>nd</sup> trimester. The report will be sent along with the heartbeat. She also passed the certifications notebook.

UNFINISHED BUSINESS

Julie and Angela reviewed the plans for the Holiday Party at Platte River State Park. The details will also be printed in the Heartbeat. A count of who will be attending showed that we should have enough beds for everyone.

The Board Meeting will be held at 4 pm at Platte River State Park next weekend (the 20<sup>th</sup>)  
Cindy will put possible dates for a Project Folder work night in the Heartbeat.

NEW BUSINESS

Linda reported that the Salvation Army sent an email saying we raised \$12.26 during our shirt ringing bells. They average the totals over the day. Our members who were there believe that it was a much larger actual amount because they themselves put more than that in the bucket!

Cindy asked for volunteers to chair several projects/programs

Linda and Dina will chair Habitat for Humanity ReStore project.

Maxine will chair the Domestic Violence Awareness program.

The Proposed Budget (Sandy), the proposed Plan of Action (Cindy) and the Bylaw Review (Susan) will be brought to the Board Meeting at Platte River State Park next weekend to finalize.

Then the Budget and Plan of Action will be approved at our February meeting. Any proposed changes to the Bylaws will be approved at the March Meeting. Julie told everyone that she is changing positions at her job and will need to turn over responsibility for the Food Bank and Ronald McDonald House because she will not have the time; Dina volunteered to assume the responsibilities. Julie will get with her to explain how and where.

Deadline for the Heartbeat will be January 15<sup>th</sup> If officers get them on time the newsletter will be out before the Holiday Party.

The hostess for the January meeting will be Dina  
Meeting was adjourned at 7:11

Respectfully Submitted by  
Angela Moody  
HWT Secretary



## **“Hearts on Fire” for Youth Programming**

- 1. Certify in 2 personal development areas (Personal Finance, Listening, Goal Setting, and etc.)**
- 2. Participate in a community project**
- 3. Run for a local office**
- 4. Send me a picture of one of your chapter meetings and of your chapter doing a community service project**
- 5. Send a Valentine to someone in your community (let me know who it is that you sent it to and why you picked them)**

**Complete 3 of the items by April 1<sup>st</sup> to qualify.**

# 2018 Heartland Christmas Party

Platte River State Park

January 19-20

## EVERYONE BRING

Sweet and/or Salty snacks

Your own drinks (Hard and soft)

Games

Friday Night	BYO food/snacks	
Saturday	Bagels/Muffins	Julie and Angela
	Lunch	
	Chili Soup	Cindy
	Cinnamon Rolls	Linda
	Crackers/Cheese	Nicolette
	Dinner	
	Turkey Breast	Angela
	Cranberry Sauce	Angela
	Mashed Potatoes/Gravy	Kelley
	Corn	Sandy
	Green Beans	Angela
	Rolls/Butter	Cindy
Sunday	Breakfast	
	Casserole	Sandy
Extras		
Salt and Pepper		Angela
Orange Juice		Nicolette
Fruit, (i.e.; apples, cuties, bananas etc.)		Linda
Raw Veggie Tray		Cindy
Coffee		Angela
Cream and Sugar		Angela
Kitchen supplies		Julie and Angela



## DOMESTIC VIOLENCE AWARENESS

At our last meeting, I stated that I would share Domestic Violence Awareness coming up in February. I have researched this project, as this program is our national program and dear to my heart. I will be doing this in three fold: 1) a little bit of information; 2) items to be collected at our next meeting and 3) our state president will speak on statistics at our February meeting.

### EDUCATION

#### **What is Domestic Violence?**

Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone.

Domestic violence can happen to anyone of any race, age, sexual orientation, religion, or gender. It can happen to couples who are married, living together, or who are dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

#### **What is Sexual Assault?**

Sexual Assault is an assault of a sexual nature on another person, or any sexual act committed without consent. Sexual assault is a crime motivated by the need to control, humiliate and harm. Perpetrators use sexual assault as a weapon to hurt and dominate others.

### ITEMS TO BRING TO MEETING

Please bring any type of Personal Care items to our meeting. We will be donating these items to Lydia House, as many abused individuals leave their homes without personal items. The following items are a suggestion: toothpaste, toothbrushes, mouth wash, floss, deodorant, shampoo and conditioner, razors and shaving cream. Please be sure to bring your receipt for us to keep track of the monetary donation.

### Statistics

Our state president will be attending our February meeting to give us this report.



# JANUARY

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8 HWT Meeting	9	10	11	12	13
14	15	16	17	18	19 Christmas Party @ Platte River State Park	20 Christmas Party @ Platte River State Park
21	22	23	24	25	26	27
28	29	30	31			



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	12	13	14	15	16	17 St Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## New Year's Celebration

Out with the old and in with the new, the most celebrated holiday that transcends the globe: New Year's Eve. New Years is a time for celebration, parties, food, champagne, resolutions and the ever-important midnight kiss. But how much do you actually know about the holiday itself?

### 1. **Hail Caesar! The First Ever New Year's Celebration was over 4,000 Years Ago**

It was Julius Caesar, the Emperor of Rome who first made January (Janus) of the calendar year a national Holiday. Janus is the name of the Roman god of doors and gates. Janus had two faces, one that looked forward and one that looked back. Caesar believed that this was fitting for the day. Originally, the ancient Romans used March 1st as New Year's Day. In 1582, the Roman Catholic Church officially adopted January 1st as the New Year.

### 2. **The famous Times Square New Year's Eve Ball Drop first started in 1907**

The first official celebration occurred in 1904 and included fireworks to celebrate the New York Times new headquarters at Times Square. Three years later, they dropped a 700-pound ball that was five feet in diameter and surrounded by 100 twenty-five-watt bulbs made of iron and wood. The ball dropped every year thereafter except for 1942 and 1943 when the ball drop was suspended due to World War II. Today, the ball weighs 11,875 pounds, is twelve feet in diameter and has over 2,668 Waterford crystals attached to it.

### 3. **Stuff Your Bellies with Black Eyed Peas and Leafy Greens**

According to New Year's Eve lore, leafy greens and legumes bring prosperity for the New Year. Tradition says that beans and peas look like coins and therefore represent money, and a fortuitous year ahead. Lobsters and chickens are considered bad luck to eat on New Year's Eve as they can move and scratch in reverse. Did you know that more black eyed peas are consumed on January 1st than any other day of the year?

### 4. **"Time Goes By" for *Auld Lang Syne***

The most famous song on New Year's Eve is the Robert Burns classic, *Auld Lang Syne*. Burns was a Scottish poet who wrote the song in 1788, it means "Time Goes By." It is traditionally sung as soon as the clock strikes midnight and is usually a good indicator that it will soon be time to leave the party you're at. Quick, can you sing the words to *Auld Lang Syne*?

### 5. **Keep Your Friends Close and Your Enemies Closer**

Another New Year's tradition seems like a pretty basic principle of the holiday itself: surround yourself with friends, family and loved ones. The people you ring in the New Year with will set the tone for the next 365 days and those people will either bring you good luck or bad. So if you are with your significant other, you better kiss them or chances are you're headed for break up in the new year.

## **6. Latin American Celebrations**

In Central America including countries like Colombia, Cuba and Puerto Rico, families traditionally stuff a large doll that they name “Mr. Old Year”. The doll represents all the bad memories from the past year. When the clock strikes midnight, they light the doll on fire and burn away those bad memories from the past year.

## **7. Hot Water Burn Baby**

Just like it wouldn't be Christmas without Santa Claus; it wouldn't be New Year without the legendary “Baby New Year.” The symbol of the holiday is usually adorned by a baby wearing a diaper, a black top hat and a sash that embroiders the numbers of the New Year. The legend of “Baby New Year” began in 600 B.C. in Ancient Greece where Greek mythology states that he will go from baby to geriatric patient by the end of the year.

## **8. Champagne for My Real Friends, Real Pain for My Sham Friends**

The unofficial drink of New Year's Eve is the bubbly French creation, champagne. Champagne is a sparkling wine that goes great with orange juice. The “bubbly” dates back to the 17th century where winemakers discovered that if you put a cork in a bottle of champagne, shake it up, it will pop off the top and make an incredible sound that will become synonymous with celebrations for eternity. According to the food and beverage association, Americans will drink over 360 million glasses of champagne on New Year's Eve.

## **9. Hide Your Cars; Hide Your Wife, Because They're Robbing Everybody Out Here!**

Keep your car locked up as the National Insurance Crime Bureau revealed that New Year's Eve is the day that more cars are stolen in the United States than any other day of the year. Make sure to park in a populated area and take your keys with you.

## **10. It is Almost Midnight, What Are You Going to Do Next? I'm going To Disneyland!**

The top three most visited destinations to travel in the United States for New Year's Eve are: New York City (obviously), Las Vegas and Walt Disney World. Globally, Sydney, Australia is the destination of choice as you can see over 80,000 fireworks go off over the famed Sydney Opera House. Australia is nearly 14 hours ahead of us, so watch the celebration live on TV and then celebrate with Mickey and friends!

